

July, 25-29, 2016

MELT: Technique with Jeremy Nelson

Company: Movement Research
Venue: Danspace Project
Location: New York, NY

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Jeremy Nelson

July 25-29

Mon Tue Wed Thu Fri

10am-12pm \$125

MELT: Technique with Jeremy Nelson

The classes are influenced by Nelson's 30 years of continuing study in the work of Barbara Mahler and Susan Klein, and by more recent studies in Alexander Technique, Body-Mind Centering® and the Feldenkrais Method®. We will begin with simple exercises and stretches that encourage mobility in the superficial muscles, establish clear connections and directions through the bones, and create a dynamic and weighted relationship with the floor. We will take this information and apply it to phrases of movement that involve moving boldly, covering lots of space, taking chances off-balance and finding awareness and ease in our dancing.

[Register here.](#)

Movement Research
131 East 10th St.
New York, NY, 10003
\$125

Schedule

July 25, 2016: 10:00am
July 26, 2016: 10:00am
July 27, 2016: 10:00am
July 28, 2016: 10:00am
July 29, 2016: 10:00am

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