

January 27 - February 5, 2015

Michelle Boulé (Morning Class)

Company: Movement Research

Venue: Movement Research at Danspace Project

Location: New York, NY

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We'll ready our bodies for movement using guided improvisations and simple exercises based on my ongoing research in numerous somatic and energetic modalities. The intention is to create a maximally informed approach to dancing, a space of respectful and creative permission for everyone's body, and a time to really let things move in all senses of the word. Class ends with the application of these ideas to choreographed phrase work.

Movement Research
131 E 10th Street
New York, NY, 10003
\$14

Schedule

January 27, 2015: 10:00am
January 29, 2015: 10:00am
February 3, 2015: 10:00am
February 5, 2015: 10:00am

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