

February 24 - March 12, 2015

Michelle Boulé (Morning Class)

Company: Movement Research

Venue: Danspace Project

Location: New York, NY

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We'll prepare our bodies for movement using guided improvisations and simple exercises sourced from numerous somatic and energetic modalities. The intention is to create a maximally informed and creative approach to dancing, where everyone has space to honor their own unique systems for movement. We will let subtlety translate into fuller movement, and get things moving in all senses of the word. Class ends with the application of this information to choreographed phrase work.

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

Schedule
February 24, 2015: 10:00am
February 26, 2015: 10:00am
March 3, 2015: 10:00am
March 5, 2015: 10:00am
March 10, 2015: 10:00am
March 12, 2015: 10:00am

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