

March, 3-7, 2014

Morning Class with John Jasperse

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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Levi Gonzalez will sub on March 3. The class will begin with an anatomy focused warm-up, drawn from both traditional and recent techniques, aiming to align and re-pattern the energy flow in the body in order to find support from the floor and our connection into space.

Movement Research
537 Broadway, 4th Floor
New York, NY, 10012
\$14

<http://movementresearch.org/classesworkshops/classdescriptions/#cw972>

Schedule

March 3, 2014: 10:00am

March 5, 2014: 10:00am

March 7, 2014: 10:00am

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