

May, 4-25, 2018

## Morning Class with Kai Klainbard

Company: Movement Research  
Venue: MR@Eden's Expressway  
Location: New York, NY

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Photo by Alex Escalante

### [Morning Class with Kai Klainbard](#)

May 4-25

FRI 10am-12pm

MR@Eden's Expressway

\$12 / \$14

How does internal rhythmic groove or bounce support joint alignment and create a base for dynamic improvisations? We will make connections between rhythmic practices and somatics, including house dance and the Alexander Technique and Tai Chi. Using rhythm as a base, we will explore illusionary movement processes such as waving, gliding-footwork and stop-motion, physicalizing imagination and creating solo improvisations.

[Kai Klainbard](#) is an AmSAT certified Alexander Technique Teacher and a learning specialist. He practices Wu Style Tai Chi and push hands. He is inspired by his study of the martial arts, urban styles of dance (including popping, house and bruk-up). Kai creates and performs solo improvisational characters that mimic fantastical beings, such as cartoons, robots, machines and monsters. His work has been shown through Movement Research, Roulette, The Flea, Dixon Place, Summer on the Hudson Festival and the NY Transit Museum. Most recently he collaborated with performance artist, aricoco, and scientists at Rockefeller University to explore insect social behavior, emergence and embodiment.

He is the director of bodyLITERATE, an organization that supports learners in the NYC school system with special needs. Located in Downtown Brooklyn, bodyLITERATE offers community-based classes in emergent learning, executive functioning coaching as well as one-on-one lessons in the Alexander Technique for children and adults.

Movement Research  
537 Broadway 4th Floor  
New York, NY, 10012  
<https://movementresearch.org/event/7925>

Schedule  
May 4, 2018: 10:00am  
May 11, 2018: 10:00am  
May 18, 2018: 10:00am  
May 25, 2018: 10:00am

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