

September, 9-25, 2015

Morning Class with Luis Lara Malvacías

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

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M W F 10am-12pm

The class offers an open space to observe and experience our own particularity, range of mobility and to fine-tune our own needs. The first half of the class is focused on the breath, internal structure, weight, and the body's articulations and organization. During the second half, after heightening our physical awareness perception and sensations, a collective phrase will be created to process the information provided. My class is influenced by many years of work with Jeremy Nelson and my studies of several somatic techniques.

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

Schedule
August 22, 2015: 8:00pm

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