

January 21 - February 11, 2014

Movenze

Company: Movenze Movement
Venue: Dance Manhattan
Location: New York, NY

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Sensitize the neuromuscular system by exploring different muscle actions, combinations, lines and dynamics, which allows the body to respond spontaneously and instinctively to the stimulation. Movements are performed barefoot and focus on core, flexibility, mobility, stability, balance and posture.

Movenze Movement
39 W 19th St
New York, NY, 10011
2125745731
<http://movenzemotion.com>

Schedule
January 21, 2014: 8:00pm
January 28, 2014: 8:00pm
February 4, 2014: 8:00pm
February 11, 2014: 8:00pm

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