

January 11 - February 8, 2014

Movenze

Company: Movenze Movement
Venue: OM Factory
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
265 W 37th St
New York, NY, 10018
2125745730
<http://movenzemotion.com>

Schedule
January 11, 2014: 9:00am
January 25, 2014: 9:00am
February 1, 2014: 9:00am
February 8, 2014: 9:00am

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