

January 29 - March 26, 2025

Physical Listening LAB

Company: The Equus Projects / Onsite NYC
Venue: Embodied Studio Research
Location: New York, NY

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Coleman

Join us for Physical Listening LAB on Wednesdays from 9.30 am - 12.30 pm with JoAnna Mendl Shaw, Artistic Director of The Equus Projects! Individual LAB sessions cost \$25 for participants.

A somatic practice that sharpens our noticing and creative decision-making skills. Each class explores a central inquiry through somatic experiences, guided improvisations, doodling, journal writing, movement making and group brainstorming.

This is a class for ALL CURIOUS MOVERS: Choreographers, Dancers, Actors, Educators, Equestrians and Ice Skaters, Corporate Leadership Trainers, Therapists and Writers.

The Equus Projects / Onsite NYC
115 Wooster Street #2F
New York, NY, 10012
917-533-4946
<https://www.equus-onsite.org/physicallisteninglab>

Schedule
January 29, 2025: 9:30am
February 5, 2025: 9:30am
February 12, 2025: 9:30am
February 26, 2025: 9:30am
March 5, 2025: 9:30am
[more](#)

[< back](#)

[previous listing](#) • [next listing](#)