

May, 2-9, 2022

Physical Listening LAB - Begin Monday and continue weekly.

Company: The Equus Project  
 Location: New York, NY

► [Share](#) | [Print](#) | [Download](#)



Physical Listening LAB - Begin Monday and continue weekly.

PHYSICAL LISTENING - We venture into the space between words where our embodied intelligence takes center stage, beyond naming. Embodied Explorations for Curious Humans  
 A somatic practice that sharpens our noticing and creative decision-making skills.  
 Physical Listening LABs return in May - A deep-dive into rigor and play.

You are invited to join us, registration is currently open. The Equus Projects are exploring a three-series format to dig deeper into a single concept for three sessions and create a sense of community within a group.

Day: Mondays  
 Time: 4 pm - 6 pm EST  
 Where: Virtually on Zoom.  
 Zoom link and payment link will be sent out every week.

This weeks zoom link: <https://us02web.zoom.us/j/88517481364?pwd=cS82aW9uQVpxNEZ1cGgvdGd1M1pCUT09#success>

This LAB is OPEN LEVEL for curious minds and thinkers.

Each class explores a central inquiry through somatic experiences,  
 guided improvisations, doodling, journal writing, movement making and group brainstorming.

Contact:  
 joannamendishaw@gmail.com  
 121 W. 17th, 4B New York, NY 10011  
 917-533-4946

The Equus Project  
 121 W. 17th, 4B New York, NY 10011  
 New York, NY, 10011

Schedule  
 May 2, 2022: 4:00pm  
 May 9, 2022: 4:00pm

[< back](#)

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