

February 2 - August 30, 2016

Pilates Mat Class for Dancers

Company: Movement Research
Venue: Gibney Dance Center
Location: New York, NY

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Pilates Mat Class for Dancers

February 2 – August 30

TUE 2-3:15pm

Gibney 280 Broadway

\$14

Feb – June Johanna S. Meyer

July – August Adi Eytan

Class incorporates dance, somatic practices, and strength training. These approaches are used to work with a range of bodies. We use props in-conjunction with Pilates exercises to open and release tightness that might inhibit movement. We organize our alignment through each exercise creating balance between strength, flexibility, and coordination.

Adi Eytan, originally from Israel, lives in Brooklyn and make performances. She teaches Pilates and Yoga throughout NYC and Israel, and holds certifications from Teri Steele Pilates and Yoga Vida. Adi has been performing internationally with artists such as Kolben Dance Company, Stuffed Animals Dance Collective, Thea Little and Sue Jeong Ka.

Johanna S. Meyer is a choreographer. She has made work since the 1990s and graduated with an MFA in Dance from UIUC. She was certified in Pilates from the Greene Street Studio with Deborah Lessen in 1997. She has studied classical as well as many other Pilates approaches.

Movement Research
280 Broadway
New York, NY, 10007
\$14

Schedule
February 2, 2016: 8:00pm

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