

January 6 - June 30, 2015

## Pilates Mat Class for Dancers with Johanna S. Meyer

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

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This class focuses on clear alignment, stabilizing the hypermobile body and a deep investigation of functional strength for dance. As dancers and somatic movers we need connected, consistent strength and support. We benefit massively from cross training, centering our minds and building an impeccable understanding of our vessel by balancing the extreme ranges of motion we perform on a daily basis.

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

Schedule  
January 23, 2015: 8:00pm

[< back](#)

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