

Tuesday, September 6, 2016 - Tuesday, February 28, 2017

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

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

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Sunny Shokrae courtesy of Swan Pilates

Pilates Mat Class for Dancers with Johanna S. Meyer

September 6 - February 28

TUE 2-3:15pm

Gibney 280

\$14

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.

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 City, NY, 10007  
\$14

<https://movementresearch.org/event/1641>

Schedule  
August 25, 2016: 8:00pm

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