

October 7 - December 23, 2014

## Pilates Mat Class for Dancers with The Swan Pilates

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 bybalancing the extreme ranges of motion we perform on a daily basis.

The Swan provides rotating instructors: Julia Edwards, Eleanor Hullihan and Johanna S. Meyer.

Movement Research  
55 Avenue C  
New York, NY, 10009  
<http://movementresearch.org/classesworkshops/classdescriptions/#cw1Q8Q>

Schedule  
September 18, 2014: 8:00pm

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