

September 11 - October 30, 2016

Practicing Being and Seeing with Melanie Maar

Company: Movement Research
Venue: Abrons Arts Center
Location: New York City, NY

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Brooke Herr

Melanie Maar

Practicing Being and Seeing

September 11, 18, 25

October 2, 16, 23, 30

SUN 11am-2pm

MR@Abrons Arts Center G05

\$25/day \$140 full workshop

[REGISTER HERE](#)

Phase I - activating space

Phase II- listening and pendulation

Phase III- rooting

This class series on familiar forces, organs, rhythms and internal/external relationship is based on principles and exercises of Qi Gong, touch work and reflection. It's about practicing together in the context of the dance studio and relating it to our larger shared environment.

Melanie Maar: New York based dance artist and teacher. Performing, teaching, Qi Gong, psycho-somatics, writing, touch work have guided her for 20 years. 2015 she was awarded the Grant to Artists from New York Foundation for Contemporary Arts. Teaching artists who taught her: Janet Panetta, Daria Faïn, luciana achugar, RoseAnne Spradlin.

Movement Research
466 Pitt St.
New York City, NY, 10002
<https://movementresearch.org/event/3424>

Schedule
September 11, 2016: 11:00am
September 18, 2016: 11:00am
September 25, 2016: 11:00am
October 2, 2016: 11:00am
October 16, 2016: 11:00am
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