

October 30 - December 18, 2017

## Qi Gong

Company: Movement Research  
Venue: Gibney Dance at 280 Broadway  
Location: New York, NY

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Laurel Atwell Qi Gong 2016 by Daim Lee

### [Qi Gong](#)

September 11, 2017 – February 26, 2018\*

Mon 10am-12pm

Gibney Dance at 280 Broadway

\$14

Utilizing Qi Gong-based principles and exercises, we will identify and engage the systems of the body. By practicing forms and visualizations, we will connect the corporeal to the energetic, the internal to the universal. This class is devoted to cultivating inner life force, discovering balance and rejuvenation.

Since 2008, [Laurel Atwell](#) has been living in Brooklyn and making work that has recently become more interdisciplinary. Laurel has also had the pleasure of collaborating with Tess Dworman; the two recently created WellMan, a class drawing from qi gong and meditation practices. Laurel has appeared in films by Laura Bartczak, studied qi gong and performed with Melanie Maar, edits the Dance Pamphlets for 53rd State Press, teaches qi gong, and is in the band Pine Island.

\*No class December 25, January 1

Movement Research  
280 Broadway  
New York, NY, 10007  
<https://movementresearch.org/event/6356>

Schedule  
October 30, 2017: 10:00am  
November 6, 2017: 10:00am  
November 13, 2017: 10:00am  
November 20, 2017: 10:00am  
November 27, 2017: 10:00am  
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