

January 8 - February 26, 2018

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
January 8, 2018: 10:00am
January 15, 2018: 10:00am
January 22, 2018: 10:00am
January 29, 2018: 10:00am
February 5, 2018: 10:00am
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