

Monday, September 17, 2018 - Monday, February 25, 2019

## Qi Gong + Meditation with WellMan

Company: Movement Research  
Venue: MR@Gibney 280 Broadway  
Location: New York, NY

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Photo courtesy of the artists

### [Qi Gong + Meditation with WellMan](#)

September 17 - February 25

MON 10am-12pm

MR@Gibney 280 Broadway

During the WellMan Series, we will integrate the mindfulness of meditation and the energetic practice of qi gong in order to attune awareness and cultivate intuition while unblocking and moving internal energies. Through the study of meditation and qi gong, students will uncover and strengthen their personal qualities; articulating what is already within themselves to move through life with dexterity and curiosity.

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 Bartzak, 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.

[Tess Dworman](#) is a Brooklyn-based choreographer and performer originally from Oak Park, IL. She studied at the Laban Centre in London and graduated from the University of Illinois at Urbana-Champaign with a BFA in Dance. In New York, her work has been presented by AUNTS, Center for Performance Research, Catch, Dixon Place, Danspace Project, Movement Research at the Judson Church, and New York Live Arts. She has been an artist in residence at Links Hall, Center for Performance Research, and Gibney Dance Center. Dworman has an ongoing teaching practice and collaboration with Laurel Atwell that operates under the moniker WellMan. Within this practice, Atwell and Dworman offer classes in qi gong and meditation as a means of integrating wellness with artistry. As a performer, Dworman has had the pleasure of working with Yanira Castro, Sam Kim, Tere O'Connor, Mariana Valencia, and Kim Brandt, among many others.

Movement Research  
280 Broadway (Enter at 53A Chambers Street)  
New York, NY, 10007  
2125980551  
<https://movementresearch.org/event/7934>

Schedule  
September 17, 2018: 10:00am  
September 24, 2018: 10:00am  
October 1, 2018: 10:00am  
October 8, 2018: 10:00am  
October 15, 2018: 10:00am  
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[< back](#)

[previous listing](#) • [next listing](#)