October 10 - December 12, 2014

Qi Gong: practicing being and seeing with Melanie Maar

Company: Movement Research
Venue: Gibney Dance Center
Location: New York, NY

In this class I offer space for a self nurturing, awake state, where people can learn about principles of energetic and anatomic dynamics that can benefit their own practices and ways. I approach somatic, artistic and psychic as synergetic. We work with methods related to the 5 Element System like Iron Shirt, Sexual Energy Practices and Bagua Circling. Through movement, image activation, sounding, meditation and partnering we explore possibilities of being and relating self, environment and universe.

No Class November 28

Movement Research
280 Broadway
New York, NY, 10007
http://movementresearch.org/classesworkshops/classdescriptions/#cw1077

Schedule
September 18, 2014: 8:00pm