March 2 - May 29, 2015

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 we can explore and learn about principles of energetic and anatomic dynamics that can benefit people within 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 image activation, sounding, meditation, floor and partner work. Expanding possibilities of relating and being ourselves and our environment. LAUREL ATWELL TEACHES 2/23. NO CLASS MAY 25.

Movement Research
280 Broadway
New York, NY, 10007
$14
http://movementresearch.org/classesworkshops/classdescriptions/#cw1127

Schedule
February 9, 2015: 8:00pm