February 1 - August 29, 2016

Qi Gong with Laurel Atwell

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

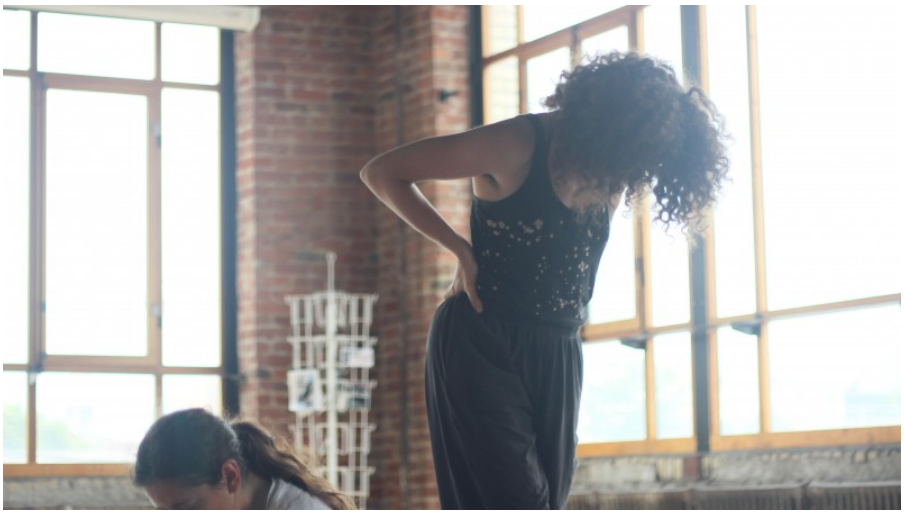

Photo by Brooke Herr

Qi Gong with Laurel Atwell

February 1 – August 29

MON FRI 10am-12pm

Gibney 280 Broadway

No class May 30 & July 4

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 pursued making//performing in NYC with collaborators Aya Sato, Gordon Landenberger, Kirstan Clifford, and Tess Dworman, and working with Melanie Maar, luciana achugar, Laura Bartczak, Ursula Eagly, and Nikima Jagudajev. Laurel is inspired by natural light, ESP, and utopian ideals.

Movement Research
280 Broadway
New York, NY, 10007
$14

Schedule
February 2, 2016: 8:00pm

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