

Saturday, September 21, 2019

## The Sounding Body: EMBODYING ANCESTRY, EMBODYING SOUND

Company: Movement Research  
Venue: Movement Research  
Location: New York, NY

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[The Sounding Body: EMBODYING ANCESTRY, EMBODYING SOUND](#) with Pyeng Threadgill

September 21, 2019

SAT 2-5pm

Movement Research, 122 Community Center, 150 1st Ave, New York, NY

*This workshop is part of The Sounding Body, a series of weekly workshops investigating voice and movement.*

\*click [here](#) to register\*

Pricing structure for Sounding Body Workshop series:

\$180 for entire Wednesday series  
\$65 per three-week Wednesday night series with one artist  
\$30 for single Wednesday class drop-in  
\$40 for Saturday session with one artist

### About the Workshop:

In this workshop we will explore various approaches to access your vocal freedom, power and authentic expression. Come for a sound and movement journey using the principles of awareness and mindfulness from the Alexander Technique, vocal registration from Somatic Voicework, the LoVetri Method, Qi Gong, body mapping, family lineage, journaling, improvisation and more. Unearth sources of inner strength from your personal story by tapping into your embodied ancestry and embodied voice.

### About the Artist:

Pyeng Threadgill creates unique music and movement experiences for audiences and students alike. An accomplished voice and movement teacher, she integrates Mindful Movement, vocal technique and performance coaching to produce highly personalized and transformative sessions. Her most recent solo album "Head Full Of Hair, Heart Full Of Song" explores the concepts of natural hair, ancestry and adornment as sources of power for women of African descent.

Accessibility: Movement Research, 122 Community Center is an accessible space. Studios are wheelchair accessible. The second floor office is accessible by elevator. Restrooms are wheelchair accessible and are all gender. Please contact Julianne Rencher, [juliennerencher@movementresearch.org](mailto:juliennerencher@movementresearch.org) or (212) 598-0551 (voice only) for further access requests or questions.

\*\*All classes are subject to change. For the most up-to-date information, please consult the Movement Research calendar: <https://movementresearch.org/calendar>.

Movement Research  
150 First Ave 122 Community Center  
New York, NY, 10009  
2125980551

Schedule  
September 21, 2019: 2:00pm

[< back](#)

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