

June 2 - July 2, 2015

Vicky Shick (Morning Class)

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

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Class begins with systematically readying our bodies and minds for full-out and detailed dancing. Our goal is to increase awareness, articulation, technical facility and focus. The warm-up is simple and straightforward with an emphasis on alignment, physical mechanics, and space for sensation and feedback from our bodies as we work collaboratively to arrive at dancing. In doing phrase work, we hone our skills, apply our training and deepen the understanding and intelligence in our bodies.

Movement Research
 131 E. 10th St.
 New York, NY, 10003
 \$14

Schedule
 June 2, 2015: 10:00am
 June 4, 2015: 10:00am
 June 9, 2015: 10:00am
 June 11, 2015: 10:00am
 June 16, 2015: 10:00am
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