

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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