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April 14 - May 26, 2020

### Pilates Mat Class for Dancers

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

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Sunny Shokrae

Movement Research is excited to offer

Pilates Mat Class for Dancers online via Zoom

with Emma Fitzsimmons

Tuesdays, 2:00pm - 3:15pm

Registration is required for MR online classes. Once you register, you'll receive a link in the inbox of the email you registered with to join the session. **\*\*You must register separately for each occurrence of this class.\*\***

[Click here to register and learn more!](#)

About this class:

Class incorporates dance, somatic practices, and strength training. These approaches are used to work with a range of bodies. We use props in-conjunction with Pilates exercises to open and release tightness that might inhibit movement. We organize our alignment through each exercise creating balance between strength, flexibility, and coordination.

What you need for class:

A yoga mat would be nice, especially for those with more sensitive bones, but not necessary. Have on hand: a 2-3 lb weight or water bottle, a pillow, and something akin to a glider (washcloth for wooden floors and paper or paper plate for carpet floors). We will decide which props exactly to use at the start of class.

If you're choosing to have your camera on, please direct your camera towards your mat setup so Emma can view your work and offer guidance.

## Movement Research Zoom Etiquette:

Since many of us are new to taking class on Zoom, MR has compiled some etiquette guidelines to ensure that everyone's time in class is full and respected.

We ask that you "mute" yourself at all times, unless Faculty has asked you to verbally participate.

If you're dropping in to see how this class might suit you, please keep your video off. Send a message to just your instructor ("Chat" > "Chat with Host") so that they know that this is what you're doing. It can be disorienting for both your instructor and fellow participants to see a video that is turned off, or one in which someone is inattentive.

Have a question or concern? Use the chat function to communicate with the class and/or teacher.

Thank you! We hope you enjoy class!

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Movement Research  
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New York, NY, 10009  
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<https://movementresearch.org/event/13618>

## Schedule

April 14, 2020: 2:00pm

April 21, 2020: 2:00pm

April 28, 2020: 2:00pm

May 5, 2020: 2:00pm

May 12, 2020: 2:00pm

[more](#)

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[< back](#)

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