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Friday, September 13, 2019 - Friday, February 28, 2020

Qi Gong + Meditation with WellMan

Company: Movement Research

Venue: Movement Research, 122 Community Center

Location: New York, NY

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courtesy of the artists

QI GONG + MEDITATION WITH WELLMAN with LAUREL ATWELL AND TESS DWORMAN

FRI 10AM-12pm

Movement Research, 122 Community Center

150 1st Ave, Courtyard Studio

During the WellMan Series, we will integrate the mindfulness of meditation and the energetic practice of qi gong in order to attune awareness and cultivate intuition while unblocking and moving internal energies. Through the study of meditation and qi gong, students will uncover and strengthen their personal qualities; articulating what is already within themselves to move through life with dexterity and curiosity.

ABOUT LAUREL ATWELL AND TESS DWORMAN:

LAUREL ATWELL:

Since 2008, Laurel Atwell has been living in Brooklyn and making work that has recently become more interdisciplinary during her research conducted as a 2016 Movement Research Artist in Residence. Her work has been presented at Abrons Arts Center, Dixon Place, Center for Performance Research, Draftworks at Danspace Project, Domestic Performance Agency, Links Hall in Chicago, IL, Movement Research at Judson Church, Pieter Performance Space in Los Angeles, CA as well as throughout apartments, parks, bars, and galleries in Brooklyn, Manhattan, and Queens. Laurel has the pleasure of collaborating with Tess Dworman; the two recently created WellMan, a class drawing from qi gong and meditation practices. Laurel has recently appeared in the work of Mariangela Lopez, Phoebe Berglund, Kim Brandt, Melanie Maar, Kathy Westwater, Tess Dworman, Ursula Eagly, Nikima Jagudajev, and Milka Djordjevich. She edits the Dance Pamphlets for 53rd State Press, teaches qi gong, and is in the band Pine Island.

TESS DWORMAN:

Tess Dworman is a Brooklyn-based choreographer and performer originally from Oak Park, IL. She studied at the Laban Centre in London and graduated from the University of Illinois at Urbana-Champaign with a BFA in Dance. In New York, her work has been presented by AUNTS, Center for Performance Research, Catch, Dixon Place, Danspace Project, Movement Research at the Judson Church, and New York Live Arts. She has been an artist in residence at Links Hall, Center for Performance Research, Gibney Dance Center, LMCC, PS122, and Snug Harbor. Dworman has an ongoing teaching practice and collaboration with Laurel Atwell that operates under the moniker WellMan. Within this practice, Atwell and Dworman offer classes in qi gong and meditation as a means of integrating wellness with artistry. As a performer, Dworman has had the pleasure of working with Juliana May, Yanira Castro, Sam Kim, Tere O'Connor, Moriah Evans, and Kim Brandt, among many others.

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 Julienne Rencher, 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 Courtyard Studio
New York, NY, 10009
2125980551

Schedule
September 13, 2019: 10:00am
September 20, 2019: 10:00am
September 27, 2019: 10:00am
October 4, 2019: 10:00am
October 11, 2019: 10:00am
[more](#)

[< back](#)

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

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[Mission](#)

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[Overview](#)

[Events](#)

[Events](#)

[Symposium](#)

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[Dance Advancement](#)

[Artist Residency](#)

[Rehearsal Space Subsidy](#)

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[About](#)

[Task Force](#)

[Research](#)

[Events](#)

[Fund](#)

[Artist Residency](#)

[Network](#)

[Dance Maker Directory](#)

[Resources](#)

[Accessible Spaces](#)

[Immigrants, Dance, Arts](#)

[About](#)
[Task Force](#)
[Research](#)
[Events](#)
[Network](#)
[Dance Maker Directory](#)
[Resources](#)

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