

January, 9-30, 2015

## Qi Gong: practicing being and seeing with Melanie Maar

Company: Movement Research  
Venue: Gibney Dance Center  
Location: New York, NY

► [Share](#) | [Print](#) | [Download](#)

In this class I offer space for a self nurturing, awake state, where people can learn about principles of energetic and anatomic dynamics that can benefit their own practices and ways. I approach somatic, artistic and psychic as synergetic. We work with methods related to the 5 Element System like Iron Shirt, Sexual Energy Practices and Bagua Circling. Through movement, image activation, sounding, meditation and partnering we explore possibilities of being and relating self, environment and universe.

Movement Research  
280 Broadway  
New York, NY, 10007  
<http://movementresearch.org/classesworkshops/classdescriptions/#cw1077>

Schedule  
September 18, 2014: 8:00pm

[< back](#)

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