

Monday, April 18, 2022

## Physical Listening LAB - Three Week Sessions in May - registration open!

Company: The Equus Project  
Location: NY

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PHYSICAL LISTENING - Embodied Explorations for Curious Humans

A somatic practice that sharpens our noticing and creative decision-making skills.

Physical Listening LABs return in May - A deep-dive into rigor and play.

You are invited to join us, registration is open. The Equus Projects are exploring a three-series format to dig deeper into a single concept for three sessions and create a sense of community within a group.

Day: Mondays

(New) Time: 4 pm - 6 pm EST

Where: Virtually on Zoom.

Zoom link and payment link will be sent out every week.

This LAB is OPEN LEVEL for curious minds and thinkers.

Each class explores a central inquiry through somatic experiences, guided improvisations, doodling, journal writing, movement making and group brainstorming.

We'll ask questions like:

How can spatial intention improve my communication skills?

What does it mean to feel another person's energy?

How can I avoid over-thinking?

We'll do things like:

Translate verbal to visual.

Excavating our creative instincts.

For any further questions about the lab or for registration please email [joannamendlshaw@gmail.com](mailto:joannamendlshaw@gmail.com)

LAB SERIES: 3 sessions at \$50

Single Class: \$25

Thank you! See you Mondays in May!

xx JoAnna Mendl Shaw

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The Equus Project  
New York  
NY

For more information:  
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