

Thursday, November 17, 2022

Movement Meditation FREE CLASS with Forza Director!

Company: Forza Dance
Location: New York, NY
Compensation: N/A

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



Movement Meditation is a dance practice that Forza Dance Director Michaela Barron has been developing for three years. We start in a meditative state with intention to fully connect with our body and mind before beginning to move our bodies. This allows oneself to strip expectations and worries for the rest of the class. We move into a guided improvisation and yoga based warm up. Then, we move into choreography learning phrase work from Michaela's pieces. After we've played with it and added our own nuances, we use prompts and discoveries learned throughout class to deconstruct the phrase and make it completely our own, owning our own artistic expression in the space!

When: Mon, Nov 21st 2022 6:30-8:00pm

Where: Abrons Art Center

Cost: \$10 Suggested Donation [Sign up HERE!](#)

Forza Dance
New York, NY
forzadance.org

For more information:
Michaela Barron
michaellabarron@forzadance.org

[< back](#)

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