

June, 16-30, 2015

COREMOTION Inner Structure with Samita Sinha

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

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This class focuses on the inner structure of the body. The foundation of the structural focus is the alignment of the body and its relation to gravity. These principles are put into practice by means of a system of exercises using Qi Gong principles and forms. These exercises include deep release of the abdominal and visceral area with breathing and a simple succession of postures, and movements that allow the practitioner to progressively let go of extra tensions and activate the energy centers. As a result of this practice: - The tendons and psoas muscle soften and strength, enhancing an ease of connection between head, neck, back and limbs. - The nervous system relaxes and the individual can access the core of the body as well as the energy centers, gradually generating a sense of buoyancy. Once the student has understood the structural principles of these exercises they can be easily applied to any kind of movement or situation. COREMOTION is a movement and performing practice developed over thirty years of research by Daria Faïn. It is rooted in Asian philosophy of the body.

Movement Research
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\$14

Schedule
June 3, 2015: 8:00pm

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