

November, 1-29, 2018

## Contact Improvisation – The Basics

Company: Movement Research  
Venue: MR@Gibney 280 Broadway  
Location: New York, NY

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Photo by Daim Lee

### [Contact Improvisation – The Basics](#)

November 1 - November 29

THU 6-8pm

MR@Gibney 280 Broadway

Contact Improvisation, initiated by dancer Steve Paxton in 1972, is a partnering dance form that plays with the physics between bodies and gravity. Skills such as rolling, releasing, giving and supporting weight, expanding range of spatial concentration, lifting, catching and falling all help one move with and through gravity, share weight in motion, and use momentum and flow in physical contact. These weekly classes, open to people of all levels of movement experience, are informed by the individual artist faculty.

See the [full calendar](#) for up to date class listings. Classes are taught by rotating faculty.

Movement Research  
280 Broadway (Enter at 53A Chambers Street)  
New York, NY, 10007  
2125980551

Schedule  
November 1, 2018: 6:00pm  
November 8, 2018: 6:00pm  
November 15, 2018: 6:00pm  
November 22, 2018: 6:00pm  
November 29, 2018: 6:00pm

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