June 27 - August 29, 2020

Dancer / Director

Company: Neva Cockrell from Pilobolus and Loom Ensemble
Venue: Zoom
Location: New York, NY

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Darshana Photo Art

Catalyst Training

Saturdays 10am-12pm on Zoom

INTENSE PHYSICALITY + KINESTHETIC INTELLIGENCE
A unique fusion of strength training, HIIT, yoga, and free movement

I developed this program based on what I do if I have two hours to just be with my body...I dance to music, work my cardio ability and my strength, stretch and lengthen my muscles, connect to my emotions, shake my body, be still and quiet, and breathe....so I created Catalyst Training.

Catalyst uses a unique fusion of strength training, HIIT, yoga, and free movement exercises to tap into your body's natural patterns. The result is that you'll get your heart pumping and your muscles burning, while you build body awareness and learn to move freely. It's a full body experience! It has a slow and steady build up to a peak and then a rolling hill quality back down to rest.

"My experience of Catalyst Training with Neva was a full mind, body, spirit nourishing and full contact experience. Neva's shared wild vibrant energy is truly contagious."

—Maria Pilar Pina, Alexandria, Virginia

Neva Cockrell from Pilobolus and Loom Ensemble
Your Home
New York, NY, 10033
https://www.tickettailor.com/events/nevacockrell/368267#

Schedule
June 27, 2020: 10:00am
July 4, 2020: 10:00am
July 11, 2020: 10:00am
July 18, 2020: 10:00am
July 25, 2020: 10:00am
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