

April 28 - May 28, 2015

John Jasperse (Morning Class)

Company: Movement Research
Venue: Danspace Project
Location: New York, NY

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The class will begin with an anatomy focused warm-up, drawn from both traditional and recent techniques, aiming to align and re-pattern the energy flow in the body in order to find support from the floor and our connection into space. We will begin with simple movements, improvisation scores, exercises, and sequences gradually building in complexity. We will learn movement material, some from Jasperse's work and some created for these explorations. Our goal will be to integrate energetic patterning explored in the first portion of class and to play with different manners of experiencing and embodying the choreographic material. NO CLASS MAY 5.

Movement Research
131 E. 10th Street
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\$14
<http://movementresearch.org/classesworkshops/classdescriptions/>

Schedule
January 30, 2015: 8:00pm

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