

March 30 - May 1, 2015

Juliette Mapp (Morning Class)

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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The merging of the unconscious life of movement and the conscious attention to physical direction is part of the energizing practice we will explore in each class. We will improvise in order to expand our awareness of breath, weight, tension and release, taking time to notice our body's qualitative presence moment-by-moment. We will follow by dancing within technical forms to expand our range and awareness as dancers. We will conclude with a phrase that integrates concepts of weight, lightness, initiation and intention.

Movement Research
537 Broadway, 4th Floor
New York, NY, 10012
\$14

Schedule
March 30, 2015: 10:00am
April 1, 2015: 10:00am
April 3, 2015: 10:00am
April 6, 2015: 10:00am
April 8, 2015: 10:00am
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[< back](#)

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