

July, 3-31, 2024

## July Physical Listening LABs

Company: The Equus Projects / OnSite NYC  
Venue: Embodied Studio Research  
Location: New York, NY

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**JOANNA MENDEL  
SHAW**  
Embodied Studio  
Research  
9:30-12:30am  
115 Wooster Street,  
#2F NYC  
**What is a Physical  
Listening LAB?**

JoAnna Mendl Shaw

Join us for Physical Listening LABs in July every Wednesday from 9.30 am - 12.30 pm with JoAnna Mendl Shaw of The Equus Projects / Onsite NYC.

Dates: 7/3, 7/10, 7/17, 7/24, 7/31

Embodied Explorations for Curious Humans!

Physical Listening is a somatic practice that sharpens our noticing and creative decision-making skills, each class explores a central inquiry through somatic experiences, guided improvisations, doodling, journal writing, movement making and group brainstorming.

In the LABs we ask these questions:

How can spatial intention improve my communication skills?  
What does it mean to feel another person's energy?  
How can I access my own creative instincts?  
How can I avoid over-thinking?  
How can I access deep play?

Please check the link to RSVP for a LAB session. Class cost is \$25 per session. Dancers interested in auditioning for the company are also strongly encouraged to attend a LAB session as a first step.

The Equus Projects / OnSite NYC  
115 Wooster Street #2F  
New York, NY, 10012  
917-533-4946  
<https://www.equus-onsite.org/physicallisteninglab>

Schedule  
July 3, 2024: 9:30am  
July 10, 2024: 9:30am  
July 17, 2024: 9:30am  
July 24, 2024: 9:30am  
July 31, 2024: 9:30am

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