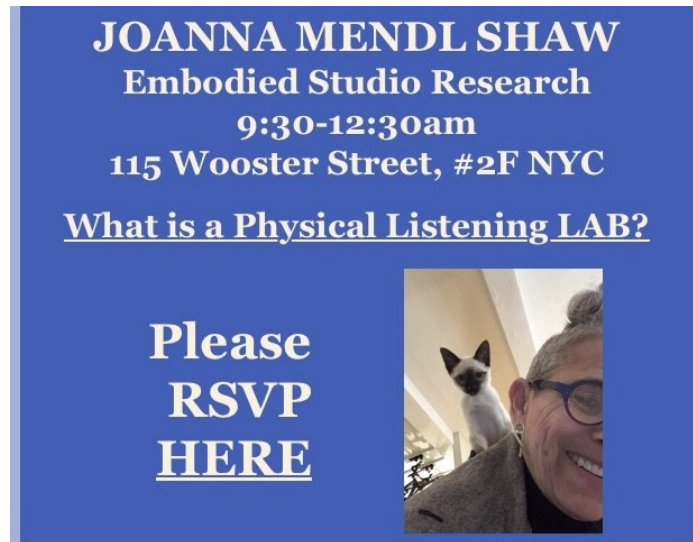


June, 5-26, 2024

## June Physical Listening LAB - Wednesdays 9.30 am - 12.30 pm

Company: The Equus Projects / OnSite NYC  
Location: New York, NY

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JoAnna Mendl Shaw

Physical Listening LAB with JoAnna Mendl Shaw of Equus Projects / Onsite NYC.

Wednesdays, 9.30 am - 12.30 pm

June 5th

June 12th

June 19th

June 26th

Physical Listening LABs are Embodied Explorations for Curious Humans. 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.

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

Schedule  
June 5, 2024: 9:30am  
June 12, 2024: 9:30am  
June 19, 2024: 9:30am  
June 26, 2024: 9:30am

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