

October 21 - November 4, 2015

LEIMAY LUDUS: Community Class

Company: LEIMAY

Venue: CAVE

Location: Brooklyn, NY

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Shige Moriya

Led by LEIMAY ensemble member Andrea Jones, the LEIMAY Ludus Community Class is a donation based drop-in class. This class is accessible to everyone and no dance or movement training is necessary. Please note: this is not a performance oriented class.

LEIMAY has been investigating and exploring a variety of exercises which aid in the conditioning of a loose and fluid body. Through these exercises participants gain the opportunity to investigate the following principles: identification of the body's own weight in relationship to gravity, the cultivation of internal rhythm and fluidity, the development of muscular strength and pliability, as well as, spacial awareness and proprioception, and the utilization of imagination and imagery to engage with and identify flow of energy. This work can help to relieve tension and relax tired muscles, so whether you spend a lot of time in front of a computer or lead an active lifestyle, these classes will awaken your body!

Last class this season: November 4th, 2015.

LEIMAY
58 Grand St
Brooklyn, NY, 11249
3478384677
<http://leimaymain.cavearts.org/?p=1911>

Schedule
October 21, 2015: 8:00pm
October 28, 2015: 8:00pm
November 4, 2015: 8:00pm

[< back](#)

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