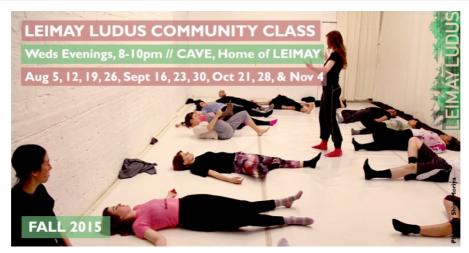


OUR NEW YORK CITY DANCE

October 21 - November 4, 2015

LEIMAY LUDUS: Community Class

Company: LEIMAY Venue: CAVE Location: Brooklyn, NY ► Share | Print | Download



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

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