

August 17 - September 28, 2016

LUDUS Community Class

Company: LEIMAY
Venue: CAVE home of LEIMAY
Location: Brooklyn, NY

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Led by LEIMAY Artistic Director Ximena Garnica with LEIMAY Ensemble member Derek DiMartini. 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. Note that 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 are for you.

Dates: Wednesday Nights: Aug 17, 24, 31; Sep 7, 14, 21, 28

Times: 8pm - 10pm

Classes are donation based, please contribute what you can.

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

Schedule
August 7, 2016: 8:00pm

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