

June, 1-12, 2015

Luis Lara Malvacías (Morning Class)

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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This class offers an open space to observe and experience our own particularity and range of mobility and fine-tune our own needs. Through directed exercises, we'll focus on the breath, internal structure, weight, and the body's articulations and organization. At the end of the class a collective phrase will be created as a frame for processing the information provided. My class is influenced by many years of work with Jeremy Nelson and my studies of several somatic techniques.

Movement Research
537 Broadway
New York, NY, 10012
\$14

Schedule

June 1, 2015: 10:00am
June 3, 2015: 10:00am
June 5, 2015: 10:00am
June 8, 2015: 10:00am
June 10, 2015: 10:00am
June 12, 2015: 10:00am

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