

August, 1-5, 2016

MELT: Deepening Technique, Explorations in Body-Mind Centering® with RoseAnne Spradlin

Company: Movement Research
Venue: Danspace Project
Location: NYC, NY

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Ryutaro Mishima

RoseAnne Spradlin

August 1-5

Mon Tue Wed Thu Fri

10am-12pm \$125

Danspace Project

MELT: Deepening Technique, Explorations in Body-Mind Centering® with RoseAnne Spradlin

This participatory workshop will introduce explorations of human embryological origins to investigate core concepts at the heart of dance expression and technique: midline axis; front, middle and back body; spiraling development of the limbs; origins of breathing, and new this summer, working with the brain, heart and other body organs, all taught through guided somatizations, partnering and individual improvisations. Repeat participants welcome; the class material will expand beyond what was taught in the last three Summers.

[Register here.](#)

Movement Research
131 E 10th St.
NYC, NY, 10003

Schedule

August 1, 2016: 10:00am
August 2, 2016: 10:00am
August 3, 2016: 10:00am
August 4, 2016: 10:00am
August 5, 2016: 10:00am

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