

July, 17-21, 2017

MELT: Inspired Movement Technique

Company: Movement Research
Location: New York, NY

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Photo: Michelle Boulé by Colin Conces

[MELT: Inspired Movement Technique](#)

with [Michelle Boulé](#)

M T W Th F

10am-12pm \$125

Danspace Project

131 E 10th Street

New York, NY 10003

This class uses guided improvisations and simple exercises to find a maximally informed and creative approach to dancing, where everyone has space to honor their unique systems for movement. Technique becomes a tool for deeper awareness and presence, uncovering one's essence and potential, with pleasure! The material from this class is sourced from Boulé's 20+ years of researching various somatic and energetic modalities in relationship to movement, performance, and wellness. Class ends with an application of this information to choreographed phrase work. [REGISTER HERE!](#)

Movement Research
131 E 10th street
New York, NY, 10003
2125980551

Schedule
July 17, 2017: 10:00am
July 18, 2017: 10:00am
July 19, 2017: 10:00am
July 20, 2017: 10:00am
July 21, 2017: 10:00am

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