

## OUR NEW YORK CITY DANCE

July, 17-21, 2017

## MELT: Inspired Movement Technique

Company: Movement Research Location: New York, NY ► <u>Share</u> | <u>Print</u> | <u>Download</u>

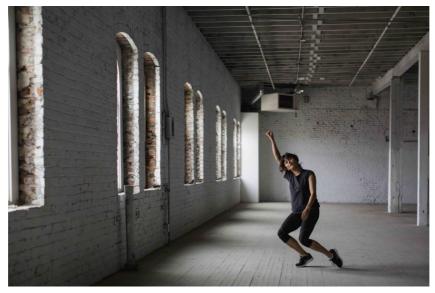


Photo: Michelle Boulé by Colin Conces

## 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

< back

previous listing • next listing