

July, 24-28, 2017

MELT: Morning Class

Company: Movement Research

Venue: Danspace Project

Location: New York, NY

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Photo: Vicky Shick by David Gonsier

[MELT: Morning Class](#)

with [Vicky Shick](#)

M T W Th F

10am-12pm \$125

Danspace Project

131 E 10th Street

New York, NY 10003

We will systematically ready ourselves for full-out and detailed dancing. There is a simple and straightforward warm-up with an emphasis on physical mechanics, alignment and clarity with space for sensation and feedback from our bodies. We try to stimulate and increase our awareness, articulation and focus as we work collaboratively to uncover the intelligence in our bodies and arrive at dancing. In doing phrase work, we apply our training, hone our skills, and deepen our physicality. [REGISTER HERE!](#)

Movement Research

131 E 10th street

New York, NY, 10003

2125980551

<https://movementresearch.org/event/5357>

Schedule

July 24, 2017: 10:00am

July 25, 2017: 10:00am

July 26, 2017: 10:00am

July 27, 2017: 10:00am

July 28, 2017: 10:00am

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