

July, 10-14, 2017

MELT: Technique: Dancing Deeply

Company: Movement Research
Location: New York, NY

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Photo: Juliette Mapp by David Gonsier

[MELT: Technique: Dancing Deeply](#)

with [Juliette Mapp](#)

M T W T H F

10am-12pm \$125

Danspace Project

131 E 10th St New York, NY 10003

This summer we will let our bodies and minds explore what we need and what the moment calls for. Class will include improvisational structures to invite images into our physical imaginations. We will work with technical forms and phrases to explore how our patterns may be blocking us from more deeply experiencing weight, lightness, initiation and intention. The luxury of dancing together for five days will allow the possibility for pleasure, rigor, inquiry and change. Merging the unconscious life of movement through improvisation with conscious attention to the details of dancing is the delicate, energizing practice we will explore in each class. [REGISTER HERE!](#)

Movement Research
131 E 10th street
New York, NY, 10003
2125980551
<https://movementresearch.org/event/5347>

Schedule
July 10, 2017: 10:00am
July 11, 2017: 10:00am
July 12, 2017: 10:00am
July 13, 2017: 10:00am
July 14, 2017: 10:00am

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