

June 18 - July 2, 2014

Morning Class with Levi Gonzalez

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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Class is an opportunity to create the space to fully inhabit our bodies and integrate various approaches and concepts of embodiment into our movement and artistic practice. Class usually begins slowly, with imagery and gentle preparation culled from various somatic traditions that access our awareness of the senses, the organs, the skeleton, the cells, gravity, and various other energetic forces. Class may also include technical exercises, choreographic structures ("phrases"), improvisations, and performance constructs, with a focus on precision, imagination, and the cultivation of each student's individual approach to embodiment.

Movement Research
537 Broadway, 4th floor
New York, NY, 10012
\$14

<http://www.movementresearch.org/classesworkshops/classdescriptions/#cw983>

Schedule

June 18, 2014: 10:00am
June 20, 2014: 10:00am
June 23, 2014: 10:00am
June 25, 2014: 10:00am
June 27, 2014: 10:00am
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