

November, 3-24, 2015

Morning Class with Levi Gonzalez

Company: Movement Research
Venue: Danspace Project
Location: New York, NY

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Morning Class

"Class" is an opportunity for each of us to fully inhabit our bodies and engage in our own creative practices. Through gentle facilitation, I will place us in dialogue with one another through both movement and language. I usually begin slowly, with imagery and gentle preparation inspired by various somatic traditions to access our awareness of the senses, the organs, the skeleton, the cells, gravity, and other energetic forces. From there, we may engage with technical exercises, choreographic structures ("phrases"), improvisations, extended movement investigations, and performance constructs. I provide the framework, but hopefully this is an open space for us to come together and share our common interests.

Movement Research
131 10th St. (entrance on 11th st)
New York, NY, 10003
\$14

Schedule
November 2, 2015: 8:00pm

[< back](#)

[previous listing](#) • [next listing](#)