

March, 10-28, 2014

Morning Class with Luis Lara Malvacias

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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This class offers an open space to observe and experience our own particularity and range of mobility, and fine tune our own needs. Through directed exercises, we will focus on the breath, internal structure, weight, and the body's articulations and organization.

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

<http://movementresearch.org/classesworkshops/classdescriptions/#cw974>

Schedule

March 10, 2014: 10:00am

March 12, 2014: 10:00am

March 14, 2014: 10:00am

March 17, 2014: 10:00am

March 19, 2014: 10:00am

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