Monday, December 10, 2018

Morning Class with Mina Nishimura

Company: Movement Research
Venue: Eden's Expressway
Location: New York, NY

▶ Share | Print | Download



Photo by David Gonsier

MON December 10, 10:00 am - 12:00 pm

Eden's Expressway

In this class, we will engage in a series of somatic, breath and movement practices which reflect some principles of Zen, butoh and Noguchi Taiso (or Water Body Movement). Through those practices, we will bridge our internal landscapes, and physical forms and expressions while liberating a body from a sense of self in order to facilitate unprecedented transformation and evolution of the body.

Movement Research
537 Broadway 4th Fl
New York, NY, 10012
2125980551

Schedule
December 10, 2018: 10:00pm

< back

previous listing • next listing