

October 28 - November 27, 2013

Morning Class with Nia Love

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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Stacking sequential rhythmic patterns build on cardio and core work that emphasizes a feminine-derived energy where conical movement attaches to the base of the spine and radiates up through the core. M W F 10am-12pm. Classes are \$14 each.

Movement Research

537 Broadway

New York, NY, 10012

<http://www.movementresearch.org/classesworkshops/calendar/index.php>

Schedule

October 28, 2013: 10:00am

October 30, 2013: 10:00am

November 1, 2013: 10:00am

November 4, 2013: 10:00am

November 6, 2013: 10:00am

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