

September 22 - October 8, 2015

Morning Class with Vicky Shick

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

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This class is about our physicality, movement and dancing. The warm-up is straightforward and simple, readying our bodies and minds with an emphasis on alignment, physical clarity, increased ease and space for sensation and feedback from our bodies. Through phrase work and improvisation we hone our skills, apply our knowledge, and deepen the understanding, intuition and intelligence in our bodies as we arrive at dancing together.

Movemnet Research
131 E. 10th St.
New York, NY, 10003
\$14

Schedule
August 22, 2015: 8:00pm

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