

January 21 - February 11, 2014

## Movenze

Company: Movenze Movement  
Venue: Dance Manhattan  
Location: New York, NY

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Sensitize the neuromuscular system by exploring different muscle actions, combinations, lines and dynamics, which allows the body to respond spontaneously and instinctively to the stimulation. Movements are performed barefoot and focus on core, flexibility, mobility, stability, balance and posture.

Movenze Movement  
39 W 19th St  
New York, NY, 10011  
2125745731  
<http://movenzemotion.com>

Schedule  
January 21, 2014: 8:00pm  
January 28, 2014: 8:00pm  
February 4, 2014: 8:00pm  
February 11, 2014: 8:00pm

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