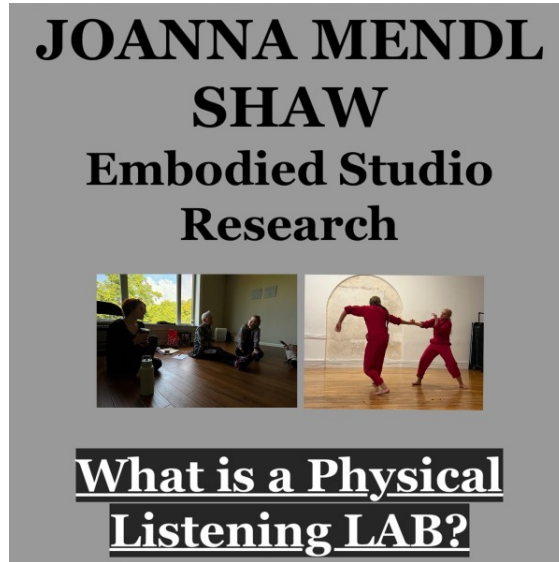


November, 6-27, 2024

November Physical Listening LABs

Company: The Equus Projects / OnSite NYC
 Venue: Embodied Studio Research
 Location: New York, NY

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JoAnna Mendl Shaw

Join us for Physical Listening LABs in November on Wednesdays from 9.30 am - 12.30 pm with JoAnna Mendl Shaw of The Equus Projects / Onsite NYC.

Dates: 11/6 11/13, 11/20, 11/27

Embodied Explorations for Curious Humans!

Physical Listening is a somatic practice that sharpens our noticing and creative decision-making skills, each class explores a central inquiry through somatic experiences, guided improvisations, doodling, journal writing, movement making and group brainstorming.

In the LABs we ask these questions:

- How can spatial intention improve my communication skills?
- What does it mean to feel another person's energy?
- How can I access my own creative instincts?
- How can I avoid over-thinking?
- How can I access deep play?

Please check the link to RSVP for a LAB session. Class cost is \$25 per session.

The Equus Projects / OnSite NYC
 115 Wooster Street #2F
 New York, NY, 10012
 9175334946
<https://www.equus-onsite.org/physicallisteninglab>

Schedule
 November 6, 2024: 9:30am
 November 13, 2024: 9:30am
 November 20, 2024: 9:30am
 November 27, 2024: 9:30am

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