

May, 22-29, 2024

Physical Listening LAB

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

► [Share](#) | [Print](#) | [Download](#)



JoAnna Mendl Shaw

Physical Listening LAB is coming up on Wednesday, May 22nd and Wednesday, May 29th from 9.30 am - 12.30 pm with JoAnna Mendl Shaw of Equus Projects / Onsite NYC.

Embodied Explorations for Curious Humans. 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.

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

Schedule
May 22, 2024: 9:30am
May 29, 2024: 9:30am

[< back](#)

[previous listing](#) • [next listing](#)