

October 7 - December 23, 2014

Pilates Mat Class for Dancers with The Swan Pilates

Company: Movement Research
Venue: Gibney Dance Center
Location: New York, NY

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This class focuses on clear alignment, stabilizing the hypermobile body and a deep investigation of functional strength for dance. As dancers and somatic movers we need connected, consistent strength and support. We benefit massively from cross training, centering our minds and building an impeccable understanding of our vessel bybalancing the extreme ranges of motion we perform on a daily basis.

The Swan provides rotating instructors: Julia Edwards, Eleanor Hullihan and Johanna S. Meyer.

Movement Research
55 Avenue C
New York, NY, 10009
<http://movementresearch.org/classesworkshops/classdescriptions/#cw1Q8Q>

Schedule
September 18, 2014: 8:00pm

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