

June 1 - September 14, 2015

Qi Gong with Laurel Atwell

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

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Practicing Being and Seeing

Utilizing principles and exercises based in Qi Gong, we will see and sense into our own selves to identify and engage the systems of the body. Through the practice of forms, meditations, and visualizations, we will work to navigate the anatomical in order to enhance our relationship to the universe, creating a connection between the corporeal and the energetic. This class is an offering; a space created to give time to the cultivation of the inner life force, and an opportunity to create internal and external shift, balance, rejuvenation.

Movement Research
280 Broadway
New York, NY, 10007
\$14

Schedule
June 3, 2015: 8:00pm

[< back](#)

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