

Monday, September 12, 2016 - Monday, February 27, 2017

Qi Gong with Laurel Atwell

Company: Movement Research

Venue: Gibney Dance

Location: New York City, NY

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Daim Lee

Qi Gong with Laurel Atwell

September 12 - February 27

MON 10am-12pm

Gibney 280 Broadway

No class December 26 & January 2

Utilizing Qi Gong-based principles and exercises, we will identify and engage the systems of the body. By practicing forms and visualizations, we will connect the corporeal to the energetic, the internal to the universal. This class is devoted to cultivating inner life force, discovering balance and rejuvenation.

Since 2008, Laurel Atwell has been living in Brooklyn and making work primarily with longtime collaborators Aya Sato, Gordon Landenberger, and Kirstan Clifford. Laurel has also had the pleasure of collaborating with Tess Dworman; the two recently created WellMan, a class drawing from Qi Gong and meditation practices. Laurel has appeared in films by Laura Bartczak, studied Qi Gong and performed with Melanie Maar, conducts interviews as Mother Tongue, teaches Qi Gong, and is in the band Secret Dance.

Movement Research
280 Broadway
New York City, NY, 10007
<https://movementresearch.org/calendar>

Schedule
August 25, 2016: 8:00pm

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