

September 18 - December 14, 2015

## Qi Gong with Melanie Maar

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

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practicing being and seeing

In this class, I offer space for a self nurturing, awake state that enables a somatics based work with principles of energetic and anatomic dynamics. We explore methods related to the Chinese 5 Element System through movement, image activation, sounding, meditation, theory and partner work. I approach the somatic, artistic and psychic as synergetic realms. Its a quest to expand possibilities of being and relating within our environment that can deepen our individual practice and ways. NO CLASS NOVEMBER 27.

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

Schedule  
August 22, 2015: 8:00pm

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