

September 18 - December 14, 2015

Qi Gong with Melanie Maar

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

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

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

[< back](#)

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