

Sunday, May 1, 2016

Sunday Process Lab with Antonio Ramos

Company: Movement Research
Venue: Abrons Arts Center – Studio G05
Location: New York, NY

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Photo by Ian Douglas

Sunday Process Lab with Antonio Ramos
Sunday May 1 3-6pm
Abrons Arts Center Studio G05, 466 Grand St (between Pitt and Willett Streets)
\$5

RSVP: <https://www.facebook.com/events/194644424240859/>

Antonio-Krais

This lab will begin with gentle floor work based on the Feldenkrais Method®. It will be followed by a slow movement exploration affording each individual the opportunity to listen to what is within themselves and to discover their own innate movements. From there we will explore movement phrasing based on my own improvisations. Adding music, I will encourage the participants to create their own crazy characters by decomposing the phrase given and experimenting with discovering their own dance in the space.

Sunday Process Labs are a series of three-hour, low-cost sessions on Sunday afternoons, providing an opportunity for a dynamic exchange amongst peers in a lab-type setting. Sessions are facilitated by movement-based artists who share their individual creative practices and process. Registration available in person at the start of the lab.

Antonio Ramos was born and raised in Puerto Rico where he trained in jazz, salsa and African dance. He later received a B.F.A. in Dance from Purchase College/SUNY. Antonio began his career performing with Ballet Theatre of Puerto Rico, Ballet Hispánico of New York, Ballet Concierto and Ballet Municipal (Puerto Rico). More recently, Antonio has performed with choreographers such as Mark Dendy, Neil Greenberg, Stephen Petronio, Merián Soto and Donna Uchizono, among others. Antonio was an Artist-in-Residence at El Museo del Barrio 2011-12. He was a 2011-12 National Association of Latino Arts and Cultures Award Recipient, and is currently a 2014 Movement Research Artist in Residence. Antonio is also a Licensed Massage Therapist, Zero Balancing Practitioner, Watsu Practitioner, and a professional teacher of Awareness Through Movement and Functional Integration from The Feldenkrais Method®.

Photo by Ian Douglas

Movement Research
466 Grand Street (at Pitt Street)
New York, NY, 10002
\$5

Schedule
May 1, 2016: 3:00pm

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