

Sunday, March 29, 2015

Sunday Process Lab with Stanley Love

Company: Movement Research
Location: New York, NY

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Letting Music Open You, Letting Your Mind Structure.

The exact structure of this lab will depend on how many participants are present. Each person should bring a piece of music they love very much (bring more than one if you can't decide) and we will be starting with the emotional life-force of the song that moves you, a channeling place of freedom. Once we have something that is connected to the creator we will work on using logic, technique and structure to come up with a phrase that embodies the soul of the song and yourself, and also has a designed container that is not restrictive.

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

Movement Research
537 Broadway 4th Floor
New York, NY, 10012
\$5
<http://movementresearch.org/classesworkshops/classdescriptions/?class=workshops#cw1157>

Schedule
March 29, 2015: 5:00pm

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