

Thursday, April 15, 2021

Unmapping: The Three Centers of Gravity

Company: freeskewl
Venue: zoom
Location: Queens, NY

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Unmapping: The Three Centers of Gravity with Daniel Burkholder

Unmapping is an ongoing research framework using The Feldenkrais Method® and improvisational movement practices to recognize and transcend habitual movement patterns. The goal of Unmapping is to develop greater awareness, expand available movement choices, and, ultimately, embody one's own idiosyncratic movement signature. Each workshop begins with a somatic exploration based on The Feldenkrais Method focusing on a single idea or function, followed by improvisational structures expanding on the concepts introduced in the Feldenkrais lesson. This Unmapping workshop will explore the three centers of gravity (pelvis, thorax, & head) through a Feldenkrais Awareness Through Movement® lesson and contemporary/somatic improvisational explorations.

PAYMENT:

Class is \$1-35+ (no one turned away for lack of funds). If you would like to sponsor a person to take class, simply double your payment!
PayPal: paypal.me/DBurkholder21

ZOOM:

Zoom Link: zoom.us/j/3093774924
Zoom password: 640262

ACCESSIBILITY:

Closed captioning will be available through Rev Live Captioning

freeskewl Community Agreement:

Be respectful to your fellow participants and instructors. No one will be turned away from freeskewl for lack of funds. However, you are expected to compensate teaching artists as you are able. Harassment and discrimination of any kind will not be tolerated in this virtual studio. freeskewl is firmly in support of the Black Lives Matter movement. We care about the safety of our community and this includes people who are disabled, immigrants, refugees, POC, queer, trans, young, elderly, Muslim, and Jewish.

www.freeskewl.com

freeskewl
zoom
Queens, NY, 11101
<http://www.freeskewl.com>

Schedule
April 15, 2021: 10:00am

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