

September 23 - October 30, 2014

## Vicky Shick (Morning Class)

Company: Movement Research

Venue: Movement Research at Danspace Project

Location: New York, NY

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Class begins with systematically readying our bodies and minds for full-out and detailed dancing. Our goal is to increase awareness, articulation, technical facility and focus. The warm-up is simple and straightforward with an emphasis on alignment, physical mechanics, and space for sensation and feedback from our bodies as we work collaboratively to arrive at dancing. In doing phrase work, we hone our skills, apply our training and deepen the understanding and intelligence in our bodies.

Movement Research  
131 E 10th Street  
New York, NY, 10003  
\$14

Schedule  
September 23, 2014: 10:00am  
September 25, 2014: 10:00am  
September 30, 2014: 10:00am  
October 2, 2014: 10:00am  
October 7, 2014: 10:00am  
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