

March, 21-22, 2015

Workshop with Olive Bieringa and Otto Ramstad

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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Pelvis: Motility & Mobility

This workshop will focus on the pelvis: embryology, bones, muscles, organs and glands and how we can utilize our embodied anatomy in our practice of moving. Through hands on practice we will dive into the systems of the body and create a deep foundation from which to expand our physical potential, and heighten our sensory awareness. Workshop is for anyone who wants to feel great and learn more about their pelvis and its contents.

Movement Research

537 Broadway, 4th Floor

New York, NY, 10012

\$80

<http://www.movementresearch.org/classesworkshops/classdescriptions/?class=workshops>

Schedule

March 21, 2015: 4:30pm

March 22, 2015: 4:30pm

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