

January 11 - February 8, 2014

Movenze

Company: Movenze Movement

Venue: OM Factory

Location: New York, NY

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Sensitize the neuromuscular system by exploring different muscle actions, combinations, lines and dynamics, which allows the body to respond spontaneously and instinctively to the stimulation. Movements are performed barefoot and focus on core, flexibility, mobility, stability, balance and posture.

Movenze Movement

265 W 37th St

New York, NY, 10018

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<http://movenzemotion.com>

Schedule

January 11, 2014: 9:00am

January 25, 2014: 9:00am

February 1, 2014: 9:00am

February 8, 2014: 9:00am

[< back](#)

[previous listing](#) • [next listing](#)