

January 29 - March 26, 2025

## Physical Listening LAB

Company: The Equus Projects / Onsite NYC  
Venue: Embodied Studio Research  
Location: New York, NY

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Coleman

Join us for Physical Listening LAB on Wednesdays from 9.30 am - 12.30 pm with JoAnna Mendl Shaw, Artistic Director of The Equus Projects! Individual LAB sessions cost \$25 for participants.

A somatic practice that sharpens our noticing and creative decision-making skills. Each class explores a central inquiry through somatic experiences, guided improvisations, doodling, journal writing, movement making and group brainstorming.

This is a class for ALL CURIOUS MOVERS: Choreographers, Dancers, Actors, Educators, Equestrians and Ice Skaters, Corporate Leadership Trainers, Therapists and Writers.

The Equus Projects / Onsite NYC  
115 Wooster Street #2F  
New York, NY, 10012  
917-533-4946  
<https://www.equus-onsite.org/physicallistinglab>

Schedule  
January 29, 2025: 9:30am  
February 5, 2025: 9:30am  
February 12, 2025: 9:30am  
February 26, 2025: 9:30am  
March 5, 2025: 9:30am  
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