

Saturday, March 22, 2014

Embodied Democracy with Katherine Ferrier: April 14

Company: The Lovelies

► [Share](#) | [Print](#) | [Download](#)



Katherine Ferrier

Compositional Improvisation Workshop Monday, April 14

Compositional Improvisation offers us profound tools for creating community. Cultivating an ongoing practice of paying attention, we hone the skills needed to co-inhabit the performative, daily, literal and figurative spaces we create together. This workshop begins with solo investigations grounded in turning ones attention to the inner sensory and imaginal landscape and grows into deep research of whole-group awareness and composing. Movement exercises act as open doorways into fresh perceptions and unusual movement choices. Solo research supports our ability to make conscious choices in relationship to other, the environment and sound, and provides the foundation for the poetic refinement of ones own compositional point-of-view. Together we create and embody a true, vibrant and living democracy as we commit to meeting the moment both consciously and collaboratively.

Some experience with improvisation is required. Limit of 25 participants. Fee is \$25. RSVP to the5lovelies@gmail.com to reserve your spot and be notified of details.

The Lovelies

For more information:

Lena

the5lovelies@gmail.com

[< back](#)

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