Wednesday, January 1, 2020

Sonder; A Somatic Dance Experience

Company: SomaSonder Dance Project L.L.C.
Location: Allenwood, NJ

Raymond Morton

Join the company of SomaSonder Dance Project for an evening of dance, inspired by the mind-body connection. Submit original, thoughtful works, approximately 3-7 minutes in length for this unique showcase that highlights the healing potential of dance and art. The showcase will occur on April 3, 2020 at 7:30pm at 1025 NJ-70 W Brielle, NJ, 08730. The show will take place in a large studio setting. Tech times will be provided. Application fee is $10, and can be submitted through Paypal at info@somasonderdance.com. Applicants will not be considered until this application fee is submitted, for ethical purposes. Click here to apply: https://fs23.formsite.com/650Joi/c584lyienw/index.html

Thank you for your interest in being a part of our unique, artistic event. Below is a bit about the company, SomaSonder.

SOMASONDER Dance Project L.L.C. builds our repertoire on principles of somatic approaches of movement. Dance, to us, is an experience that engages both the physical and emotional body. Our mission is to use dance to unite communities together, and empower anyone to experience the dance they intrinsically hold within themselves. We believe that dance and integrative movement heals the body, mind, and spirit, which is why we take a holistic approach to our work. We offer performative works, as well as community dance experiential and improvisational events, health coaching, integrative nutrition programs and workshops, yoga and somatic movement offerings through our mind-body dance classes, and an original somatics and self-care curriculum, written by Krista Morton, Owner and Founder of the company. The public benefits from a satisfying, integrative performative experience, as an audience member, or a personal movement experiential by being a part of our community work. Our work is accessible to all communities, offering the public an opportunity to receive a very personal benefit to their holistic health, and potentially learn new ways of caring for, and expressing themselves through dance and wellness.

SomaSonder Dance Project L.L.C.
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