

Monday, November 29, 2021

Workshop for Contemporary Dancers - Exploring Interpersonal Energy through Movement

Company: Emily Jo Haenny

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WORKSHOP ANNOUNCEMENT!

This is a subject that I have been exploring on and off for the past 5 years, and I am excited to exchange these ideas with the talented dance artists in our community!

Relationships form us, and alter the way we move through the world. Where is the line that separates entanglement with another and our own individuality? In this workshop we will explore shared energy in the form of sensation, and find a tangible difference between what is 'mine' and what is 'ours'. Through generative games we will discover the shifting textures that exist in relationships with others in space and find practical ways to come home to ourselves.

This is a space of rich exploration and non-judgement. Dancers of all backgrounds and identities are encouraged to join! Following the completion of the workshop, there will be opportunities to continue this research with me if it speaks to you!

Join me for two Saturdays 12/4, and 12/11 from 12-4pm for an exploration of interpersonal energy through movement.

This is a donation based workshop, and you are welcome to drop in for one session, or attend both! There are limited spots available.

Email your interest along with a resume or reel to emilyjoaenny@gmail.com

Suggested donation is \$10-20, please Venmo: @Emily_Jo

About Emily Jo:

Emily Jo is a Brooklyn based dancer, choreographer, movement artist and spiritual seeker. From an early age, body awareness through movement was her portal to the divine. She has been a self-appointed apprentice of spirituality and faith systems for the past 6 years, including Zen Buddhism, Yoga, Paganism, and Witchcraft. Tarot reading has been a part of her practice for the past 2 years. Her mission is to facilitate deep connection with our authentic Selves through movement, education, and introspection in order to strengthen and heal the way we relate to each other.

Emily Jo earned her BFA in Modern Dance Performance from the University of Oklahoma, performing works by Austin Hartel, Derrick Minter, Twyla Tharp and the late Donald McKayle. A New York City resident since 2014, Emily Jo has attended the José Limón Professional Studies Program, studied Gaga in Tel Aviv, Israel and attended the Countertechnique OBOC in Amsterdam. Professionally, she has had the pleasure of performing nationally and internationally with JKing Dance Company and Caitlin Cullen Dance Company as well as Choreographing solo work, and collaborating on many other multi-disciplinary projects. In 2018 she co-founded The Borscht Collective with a group of dancers and interdisciplinary artists.

The alchemy of relationships has been a constant intrigue and driving force throughout her life. Art, movement, mindfulness, spirituality, all serves primarily to expand our capacity for relating to others here on this planet, in this lifetime.

Together we can experience self-sovereignty by connecting deeply and authentically with our selves and each other.

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