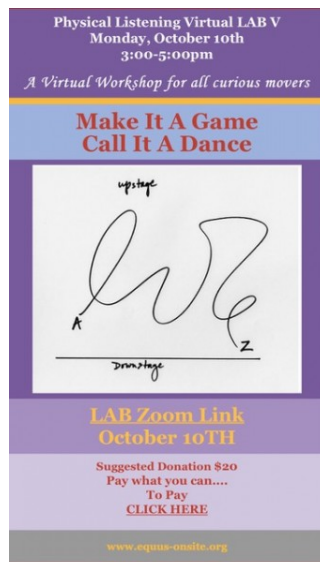


Friday, October 7, 2022

Physical Listening Virtual LAB

Company: The Equus projects
Compensation: \$20 suggested donation

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JoAnna Mendle Shaw

@Equus_Projects_NYC will be hosting a series of interactive Zoom workshops where you will utilize inventive ways of using your hands, feet, and body to give and receive energy from your fellow participants by doing various choreographic tasks and scores.

JoAnna Mendl Shaw, an internationally recognized choreographer, and dance educator will lead the workshop and utilize an inter-species approach to movement education and choreography throughout the States and Europe. The Physical Listening Labs grew out of her curiosity in combining horsemanship with dancers in onsite dance works.

You will learn the following skillsets using movement and your imagination which you can apply to enhance your communication with your peers and solve problems differently:

- 1) Slow down and pay attention to what is happening in the space around, in front, behind, and below you.
- 2) Find new ways of listening and communicating with people non-verbally.
- 3) Use different levels of touch to find a new relationship of intimacy with your environment.
- 4) Alter how you frame a situation by changing how you move and engage with what is before you.

THIS WEEK:

BODY-BRAIN PLAY

Playful merging of thinking and sensing to access new creative territory
Monday, Oct. 10th – 3:00-5:00 PM EST

Zoom Link:
<https://us02web.zoom.us/j/87883142192...>

PAYMENT LINK:
<https://www.equus-onsite.org/class-payment>

Everyone is invited to register for this class!
You will need no previous knowledge of dance or choreography to have fun with us.

The Equus projects
<https://www.equus-onsite.org/physicallisteninglab>

For more information:
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