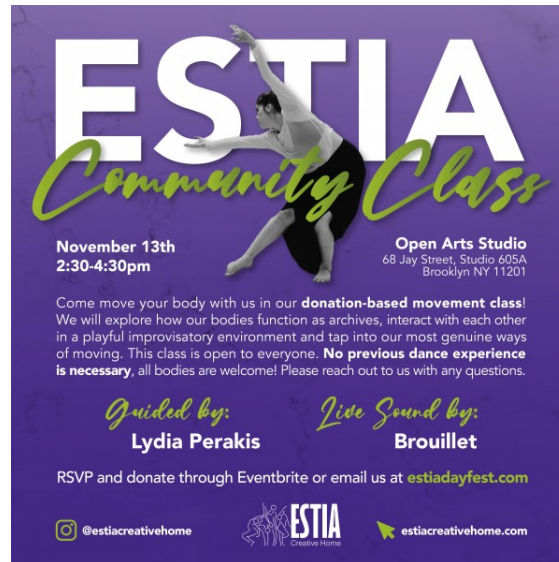


Tuesday, November 8, 2022

ESTIA Donation-Based Community Class

Company: ESTIA Creative Home
Compensation: Donation-Based Community Class

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Camille Bruya

Come move your body with us in our donation-based movement class. We will explore how our bodies function as archives, interact with each other in a playful improvisatory environment and tap into our most genuine ways of moving.

The class will start with a meditative warmup intending to wake up and bring heat in different areas of the body. We will be playing with different physical scores, utilizing different imagery and exploring personal histories stored within our bodies. We will be finding different points of connection with other people present in the room and practicing communal listening. We will be dancing within structured phrasework as well as improvisatory play. There will be live music and sound throughout the entirety of the class. At the end, there will be time for discussion and cooling down.

This class is open to everyone. No previous dance experience is necessary, all bodies are welcome!

November 13th, 2:30-4:30pm
Location: Open Arts Studio
68 Jay Street, Studio 605A, Brooklyn NY 11201
Suggested Donation: \$15

RSVP Link: <https://www.eventbrite.com/e/estia-community-class-tickets-445329040147>

Guided by: Lydia Perakis
Live Sound Score by: Brouillet
Produced by: ESTIA Creative Home

Please reach out to us with any questions at estiadayfest@gmail.com
www.estiacreativehome.com

Instagram: @estia_creativehome

**All participants must be fully vaccinated against Covid-19
***Please reach out to us with any accessibility accommodations

ESTIA Creative Home
www.estiacreativehome.com

For more information:
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