

Monday, April 3, 2023

Mindful Movement Workshop with Finleigh Zack Dance & Forza Dance

Company: Finleigh Zack Dance & Forza Dance

Location: New York, NY

Compensation: NA

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Experience a Mindful Movement Workshop with Finleigh Zack Dance and Forza Dance on April 7th at 12 pm! This workshop blends Finleigh and Michaela's movement classes designed for artistic exploration. The class starts with journaling and meditation to deepen our connection with our bodies and minds, followed by guided improvisation and moving across the space. Then we'll learn phrase work from one of Forza's pieces, deconstruct it, and rework to have it fit for each individual's artistic expression! The workshop will end with time for personal reflection and discussion. We're excited to bring our communities together to create shared experiences and discoveries!

The class is held at Abrons Arts Center and pay what you can!

466 Grand St, New York, NY 10002

Sign up here: <https://www.eventbrite.com/e/forza-fzd-mindful-movement-workshop-tickets-595887083307?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb>

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