

Wednesday, November 20, 2024

Creative Refresh and Reset - January 2025

Company: Whole Fit, LLC
Location: New Fairfield, CT
Compensation: N/A

► [Share](#) | [Print](#) | [Download](#)

Join us for an opportunity to welcome 2025 with a new creative practice. Creative Refresh and Reset welcomes dancers, theater artists, and other creators interested in using physical practice to develop new work. This workshop provides dedicated open time and space for physical and creative practice and exploration. Our series will end with an optional work-in-progress showing open to guests.

January 20, 21, 23, 24

10 - 11 am yoga practice

11:15 am - 12:00 pm improvisation/exploration

12:00 - 1:00 pm lunch

1 - 3 pm composition

optional work in progress showing January 24 at 5 pm

Creators may sign up for the entire workshop or drop in daily.

Entire workshop fee: \$175

Daily drop in fee: \$50

The workshop will be hosted at Whole Fit, LLC, a boutique yoga studio in New Fairfield, CT. There is no application fee. Space is limited, so we encourage prompt application. Please fill out our application form [here](#).

Contact us at wholefitllc@gmail.com for more information.

Whole Fit, LLC
4 Dunham Drive Unit 3
New Fairfield, CT, 06812
8622663170
<https://wholefitnf.com/>

For more information:
Leigh Ann Gann
wholefitllc@gmail.com
8622663170

[< back](#)

[previous listing](#) • [next listing](#)