

Friday, March 14, 2025

Butoh/Contact Improvisation Open Sessions facilitated by Eilish Henderson

Company: Eilish Henderson
Compensation: n/a

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Eli Hill.

This series of open sessions facilitated by Eilish Henderson will act as an inquiry into the ways in which we can approach contact improvisation from a butoh lens. Grounded in the notions of the body as water vessels, these sessions will act as a supportive movement practice that engages a deep sense of listening-prioritizing care, slowness, and awareness of gravity in moments of contact. Each session will be distinct and informed by those present. More sessions to be added in May and June.

The flow will look something like this: arrival/grounding, several guided exercises with images/textures, open jam/improvisation, and a closing. No prior experience with butoh or contact improvisation is necessary.

Saturday, March 29 from 1-3 pm

Saturday, April 12 from 1-3 pm

at Kestrels

188 6th Street

Brooklyn, NY 11217

*Donation based to cover the space! Suggested: \$5-15.

Pre-register by filling out [this form](#).

Eilish Henderson
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