

Monday, December 29, 2025

SOMA 2026

Company: School of Contemporary Dance & Thought
Compensation: 3 classes for \$100 or 6 classes for \$160

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



SOMA 2026

?with K.J. Holmes

A Zoom Practicum for the New Year

Tuesday mornings January 6, 13 and 20 - 9 - 11 a.m.

Thursday evenings January 8, 15 and 22 - 6 - 8 p.m.

?

2026 = 2+2+6 =10 = 1

The number 1, in Alejandro Jodorowsky's writing on the Tarot, signifies "new beginnings, creative sparks and decisions. It is the origin of all things, the starting point of manifestation and the potential for action, the initiation of a new cycle or idea. It represents the moment of making a decision and taking the first step forward. It is also the number for The Magician card, the first card in the major arcana of the deck. The Magician represents mastery over the elements and the power to manifest potential into reality. The point at which abstract possibilities begin to take form in the real world..." In these classes we will deepen into these ideas by tuning to the physics of the body as we also delve into the imagination and the memory the body holds through dance, vocalizing, writing and sharing our creative renderings. We will celebrate this new year and strengthen our inner life and make visible that which is waiting for expression. These classes are open to all who are interested in being in a practice of revelation and discovery. The world waits for our creative forces of inner fortitude rather than brute force.

[Registration link](#)

School of Contemporary Dance & Thought
scdtnoho.com

For more information:
School of Contemporary Dance & Thought
chloscdt@gmail.com

[< back](#)

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