

January, 19-21, 2023

2023 Winter Workshop

Company: BodyStories: Teresa Fellion Dance
Location: Jefferson, NY

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N/A

Hello Friends!

Happy New Year! I hope your 2023 is off to a spectacular start.

The BodyStories: Teresa Fellion Dance Winter Workshop at Middlebrook Arts Research + Residency Center on January 19-21, 2023 is just a few short weeks away. You are welcome to join virtually or in-person! Check out the Q + A below for more personal info and insights about the workshop! Check out the flyers for class schedule and more info, and email us at education@bodystoriesfellion.org for questions and registration.

Workshop Description: This hybrid BodyStories Winter Workshop aims to continue our mission of fostering creativity and empowering dancers to be independent artists, and is open to all professional, pre-professional, movers, and arts enthusiasts of all forms. Classes throughout the workshop will be leading up to a live performance showing that all dancers will have the opportunity to contribute. Other activities during the week include discussions, guest teachings, feedback sessions, outings, and more! We will also be offering activities that you think of when you imagine a beautifully wintery dance camp — bonfires, s'mores, sledding, snow activities, and cozy fires inside with hot chocolate!

Q and A:

How will this year's Winter Workshop be different from last year's Winter Intensive?

"This year, we started calling it the Winter Workshop because we really do want this series to be open to all movers of all kinds, whether you have danced your whole life or whether you're new to dance or an artist in another medium or an art lover and want to experience the connections made in your body and with others through dance. This workshop is open to everyone. Also, if you are a dancer in rigorous training this workshop will definitely challenge you. It's really tailor-made for each individual. Creatively and technically, you will be pushed to where you want to grow and thrive. It's really individualized."

What are you most looking forward to this year?

"The Winter Workshop has been really specially designed this year because the independent film study that we did last year was very popular and got everyone to see site-specific dances in their space or at MAR+RC with really unique lenses. This year, we're adding a multidisciplinary lab with an expert in the pairing of sound design and music with dance. That's our musical director, John Yannelli. He leads this course in MFA programs and undergraduate programs at Sarah Lawrence College. He's here with us with this amazing advice and coaching for designing the multidisciplinary aspects of the creations we will be making throughout the week in the composition and improvisation classes. Wonderful musicians John and Muriel Louveau will both be live composing along with the works if that's the sound that you choose as live music and they can work with an array of styles, so not only are we creating dances throughout the three days of this workshop, but we are creating music alongside them and sound design, so it can really enhance each participant's idea and think about it from movement and other elements to really explore the topic of their choosing."

What has been your favorite part of past years' Winter Intensives?

"I think my favorite part of the Winter Workshop is the classes, like going from technique class and really getting sweaty and moving in an organic way to a place where each person wants to be challenged to their own comfort and desires and being able to work with several dance styles. Also, moving from that amazing physical energy into a creative practice and composition workshop each day. That is my favorite part, balancing the physical practice with the creative. A big part of it is the bonding that happens with the group. We cook meals together, we enjoy outdoor activities together. Friendships that are made during these workshops last a lifetime, and that feels really special."

Dates: January 19 - 21, 2023.

Daily Schedule:

Interdisciplinary LAB: 10-10:45am

Technique: 11am-12:30pm

Improvisation + Composition: 2pm-4pm

Diverse Range of Evening Activities Each Day!

Live and Online Performance at 2pm on January 21, 2022

Cost:

In-person- \$225

Virtual- \$180

Drop-in class fee -\$17

Housing fee (if needed)- \$40 for the day/night if needed

If you need financial assistance or would like to inquire about scholarship opportunities, please do not hesitate to reach out. We are open to meeting all participants where they are financially.

If you are interested in participating or would like more information, please feel free to contact us at education@bodystoriesfellion.org.

We would love for you to join us for the intensive online or at Middlebrook Arts Research + Residency Center in Jefferson, NY. We're so excited to move with you!!!

BodyStories:Teresa Fellion Dance
North Harpersfield Road
Jefferson, NY, 12093

Schedule

January 19, 2023: 10:00am

January 20, 2023: 10:00am

January 21, 2023: 10:00am

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