

Friday, November 1, 2019

Adult Somatics Class with Leah Wilks

Company: Dancewave
Venue: Dancewave
Location: Brooklyn, NY

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



Adult Somatics Class with Leah Wilks

Hit the reset button: Start the weekend off with restorative movement by dance practitioners who join their creative process with a range of somatic modalities. The perfect warm-up for our afternoon Master Classes if you're interested in both! Your body is 70-80% water. In this class Leah Wilks we will guide solo and partnered improvisational practices based in imagery and anatomy to figure out what that means for our ease of movement and qualitative choice-making.

Leah Wilks is a Brooklyn-based dancer, teacher, and choreographer. Her dance trajectory began with her sucking her thumb in the corner of a ballet class. Things have progressed, and she now has her MFA in Dance from the University of Illinois Urbana-Champaign where she spent her time teaching, mentoring, creating electronic music, and making dances as a part of the duo L+M.

Cost: \$16

Time: 10:00-11:30am

Dancewave
182 4th Avenue
Brooklyn, NY, 11217
7185224696

Schedule
November 1, 2019: 10:00am

[< back](#)

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