

Friday, November 15, 2019

Adult Somatics Class with Sarah Konner

Company: Dancewave
Venue: Dancewave
Location: Brooklyn, NY

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Adult Somatics with Sarah Konner

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! This class with Sarah Konner will incorporate elements from Body-Mind Centering®, contact improvisation, and dance improvisation. We will use touch, images, and play to open up three-dimensional movement, easeful pathways in and out of the floor, and ways to connect with each other.

Sarah Konner is a dance artist, improviser and somatic movement educator based in Brooklyn, NY. Sarah teaches, practices and performs improvisation and dance-theater internationally and sees dance and movement as healing arts. She holds a BFA in Dance and a BS in Environmental Science from the University of Michigan, and is certified in Yoga, Pilates, and Body-Mind Centering®.

Cost: \$16

Time: 10:00-11:30am

Dancewave
182 4th Avenue
Brooklyn, NY, 11217
7185224696

Schedule
November 15, 2019: 10:00am

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