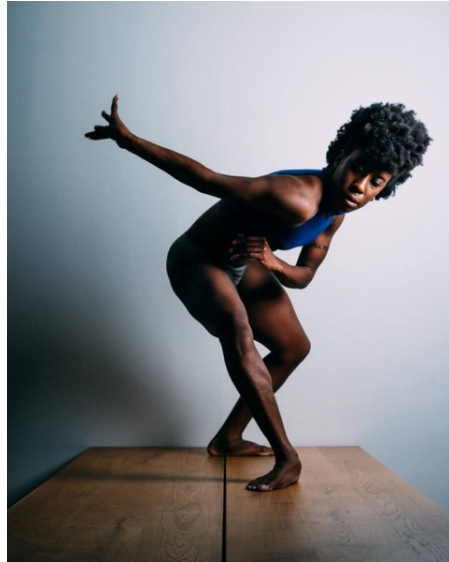


Friday, July 20, 2018

## Cathartic Movement Lab

Company: Justina Grayman  
Venue: Center for Performance Research  
Location: Brooklyn, NY

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Mike Esperanza

For all lovers of improvisation, raw movement, and playing. We will have two hours simply to UNLEASH.

Cathartic Movement Lab --->

an exhilarating movement, performance, and playing experience; a communal practice of rawness, riskiness, and truth. Let's unleash.

Lab centers on improvisation & consists of:

- a physical/somatic inquiry: physical tools, visualizations, and games to express our selves fully/completely
- an emotional inquiry: through improv & phrasework, exploring movements that are emotionally moving or uncomfortable for us & diving deeper
- community sharing: risky, moving performances and conversation

We will definitely scream. We will definitely laugh. And we might even cry. We move with ALL of our shame, our guilt, our rage, our anger, our insanity, our jealousy, our dread, our paranoia, our silliness, our trust, our love, our outlandishness, our joy, our connection, our acceptance, and our surrender. No matter what, at the end, we clap for each other and, forever and always, we dance. OPEN TO ALL, no dance or performance experience necessary. RSVP Required.

Cathartic Movement Lab  
Center For Performance Research  
Friday, July 20th

7:00pm – 9:00pm

\$10 cash, Limited to 20 people

\*RSVP Required; If you'll be joining us, RSVP to [justina@justinagrayman.com](mailto:justina@justinagrayman.com)

About Me: Justina Kamiel Grayman, phd is a director, dancer, and movement creator who creates revolutionary films + experiences for people who want revolution. Every experience she creates is for the purpose of individuals and groups breaking free from what constrains them. With a background in contemporary/ modern dance and psychology, her approach to designing dance, film, and experiences is one based on their ability to viscerally resonate with and move people. As a dancer, she was a company member in STREB Extreme Action Company and most recently performed in Drop at BAM (Brooklyn Academy of Music) with Kristin Sudeikis Dance. As a director, she creates films about unfree groups breaking free. And as a movement creator, she makes raw, dynamic human movement that allows us to express our inner struggles and explore what it would be like for us all to break free together. Justina has a BA in Psychology from Stanford University, PhD in Psychology & Social Intervention from New York University, and her work has been featured at American Dance Festival's Movies By Movers & Downtown Urban Arts Festival. Justina's ultimate mission is to use her films to unite people in revolutionarily free living spaces. More at [justinagrayman.com](http://justinagrayman.com) or IG: [justinagrayman.danceandfilm](https://www.instagram.com/justinagrayman.danceandfilm)

Justina Grayman  
361 Manhattan Ave  
Brooklyn, NY, 11211

Schedule  
July 20, 2018: 7:00pm

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