

Tuesday, October 10, 2023

## DOLLY SFEIR x The Playground NYC

Company: THE PLAYGROUND NYC  
Venue: GIBNEY  
Location: New York, NY

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PC: Elyse Mertz

DOLLY SFEIR x The Playground NYC

Tuesday, 10/10 || 2:00-3:45PM, \$6

Gibney Dance: Agnes Varis Performing Arts Center, 280 Broadway, NYC  
Entrance 53A Chambers Street

The Playground NYC allows dancers to experience various choreographic styles and ideas, engage with a new community of dancers, and gather resourceful information and inspiration from the array of choreographers involved. In turn, established choreographers are paid for their creative investigations, are given free space to explore new movement with professional dancers, and are provided with the opportunity to establish relationships with new dancers and fellow choreographers.

### Class Description:

The first part of the workshop will be dedicated to Creative Practice. Each bubble of experience has a focus of exploration that nourishes and forges the brain-body connection, inviting participants through doorways of uninterrupted play. It's a practice in curiosity and patience: with our habits, with ideas, with fear.

With a distanced, watchful awareness, we separate the act of practicing from the result, the vessel from the idea, creating access to the wells of experience stored in our being. The goal is to enter a subliminal state, the source of creativity, the curious inner child, while paying attention to the rise of harmful consciousness (judgment, planning, fear, shame) and slowly changing the rate of its occurrence. In the second part of the workshop, we will engage in a choreographic phrase I create that ignites theatrical sensibilities, and challenges our sense of rhythm and musicality.

### Bio:

Dolly Sfeir is a director and choreographer who grew up in Lebanon. She is a 2022 NYFA/NYSCA Artist Fellow in Choreography, the 2019 Grand Prize winner of the Palm Desert Choreography Competition, and recipient of a choreographic fellowship at Jacob's Pillow. She was artist-in-residence for Abingdon Theatre Company, and was awarded a residency with CUNY Dance Initiative to create an evening-length work. Her commissions include Holstebro Dansekompagni in Denmark, WHIM W'HIM in Seattle and Litvak Dance Company. She has been a guest choreographer and creative practice teacher at CSU Long Beach, Orange Coast College, Peabody Institute at Johns Hopkins University and Montclair University. She has developed a creative practice methodology, focused on unleashing creativity and breaking through fear, which she continues to offer in universities, studios and theatres nationally and internationally. Her film "It Cries too Loudly" has been at festivals such as San Francisco Dance Film Festival, Portland Film Fest, and has received awards such as 'best short film' and 'best cinematography'. Her work is currently touring in Denmark. She graduated summa cum laude from CSU Long Beach with a Dance BFA. Sfeir appeared in nationwide musicals by the Rahbani Brothers including work choreographed by Debbie Allen.

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THE PLAYGROUND NYC  
280 Broadway  
New York, NY, 10007  
<http://www.theplaygroundnyc.org/sessionsplayground>

Schedule  
October 10, 2023: 2:00pm

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