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May, 17-19, 2019

### Dance Your Psoas Home- A Workshop Playshop for Human Bodies

Company: Liz Koch and Laura Ward

Venue: Upstairs at BSP

Location: Kingston, NY

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Laura V Ward

This is a somatic workshop/playshop geared toward finding self and community through movement.

Playing with the dynamics of feeling ~ sensing, we will engage in guided and spontaneous explorations to access the kinespheric, three-dimensional gravitational support within of our personal realm of movement while discovering new territory with partners and group interactions. As we shift back and forth through freedom and form-based explorations, play and process-oriented discussion, we evoke the intelligence of our living tissue in resonance with both earth and community. A spirit of collaboration and participation is essential as we co-create a movement choir based in fluid resilience and inspiration....so to play-dance our psoas home. All levels of movement experience and ability are welcome and appropriate in this workshop. No experience is necessary.

Liz Koch is an international teacher and author with 43 years of experience working with and specializing in the psoas. Educating both laypersons and professionals around the world, Liz is recognized by colleagues in the movement, wellness, and fitness professions as an authority on the "core muscle" of the human body. Stalking Wild Psoas is her passion and changing the language of body is her mission.

Laura Victoria Ward, BA, CMA, RSME, an award-winning choreographer, Laban Movement Analyst, and teacher. In conjunction with dance and somatics, her special interests are the movement and health of fascia and group dynamics. She is the artistic director of Octavia Cup Dance Theatre a multi-generational Maximalist contemporary ballet company. Laura splits her time between Kingston, NY, and NYC much in the way her body shares time within classical and somatic movement forms.

Liz Koch and Laura Ward

323 Wall St.

Kingston, NY, 12401

646-241-8254

<https://coreawareness.com/events/stalking-wild-psoas-play-dance-workshop-collaboration-with-laura-ward-kingston-ny/>

Schedule

May 17, 2019: 1:00pm

May 18, 2019: 9:00am

May 19, 2019: 9:00am

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