July, 13-17, 2020

Enter the Body: Choreography Class to Create Outside the Box

Company: Valerie Green/Dance Entropy
Venue: Online, EST
Location: Queens, NY

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Rodney Zagury

Enter the Body: Choreography Class to Create Outside the Box
Taught by Valerie Green via ZOOM

July 13-17, 10AM-12PM, EST
Cost: $150 for 5 classes. Single-class option for "Enter the Body" is NOT available.

Description: This workshop shares valuable creative movement exercises and tools that stimulate the mind and body to improvise and generate new ideas. When using the language of movement rather than words, a different kind of image or emotion may arise which bypasses the controlling and censoring mind. Words label what we know. Expressive movement reveals the unknown. We will use this opportunity to dive deeply into our physical and emotional body to explore and create in a nurturing environment. As we work in a virtual container from home we will also investigate our bodies in response to our physical environment. Class participants will be guided to break old habits, find new pathways and discover their own movement conceptions.

"Enter the Body" is part of Valerie Green/Dance Entropy's Virtual Summer Intensive. Dance Entropy is also offering Hip-Hop/Street Styles classes from 1:00-2:30pm. Students may sign up for "Enter the Body" and/or Hip Hop as desired.

All Intensive classes are open-level and tailored to both beginner and more experienced dancers - inclusive for all!

"I appreciate the experience of having the opportunity to be vulnerable in a safe space." -Summer Intensive Student

For more information and to register: https://www.danceentropy.org/virtual-summer-intensive

Questions? Email Info@GreenSpaceStudio.org

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718-956-3037
https://www.danceentropy.org/new-events/2020/4/23/free-therapeutic-expressive-movement-class-aybna-csh97

Schedule
July 13, 2020: 10:00am
July 14, 2020: 10:00am
July 15, 2020: 10:00am
July 16, 2020: 10:00am
July 17, 2020: 10:00am