

Saturday, March 20, 2021

## Interplay: Finding Inner Authority Through Body Wisdom - EOEFF 21

Company: SMUSH Gallery  
Venue: Smush Gallery/Virtual  
Location: Jersey City, NJ

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Presented as a part of [SMUSH Gallery's](#) Curatorial Fellowship in Dance '20-'21. We are offering 20+ movement workshops through the Essence of Embodiment Festival on March 18th - 21st, 2021. Live Captions will be provided. All classes are offered through Zoom

Interplay: Finding Inner Authority Through Body Wisdom is taught by Nandita Batheja & Libby Mislan

Saturday 3/20/21 at 10:15 to 11:15 AM ET

Class Description:

InterPlay is form of creative expression that uses storytelling, movement, sound, stillness and connection to unlock the wisdom of the body. It helps to free your voice, center your internal authority, uncover stories and insights held in your body, and to create abundant joy!

Our festival passes are offered on a donation-based sliding scale, no one will be turned away because of a lack of funds.

[All-Access Pass](#)

[Film Single Day Pass](#)

[Single Class Pass](#)

Visit: [smushgallery.com](http://smushgallery.com) or [embodiment.dance](http://embodiment.dance) for more information

Email: [bonjour@embodiment.dance](mailto:bonjour@embodiment.dance) with any questions

SMUSH Gallery  
340 Summit Avenue  
Jersey City, NJ, 07306  
<http://www.embodiment.dance/festival>

Schedule  
March 20, 2021: 10:15am

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