

Tuesday, January 25, 2022

Jennifer Nugent: freeskewl x Trisk Hybrid Movement Class

Company: freeskewl
Venue: Triskelion Arts Theater
Location: Brooklyn, NY

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Dancing Grounding Tuning with Jennifer Nugent

CLASS DESCRIPTION:

Using improvisational and set warm-ups, this class will focus on the volume and weight inside the body and its relationship to the floor and movement. Exercises that bring awareness to the feet, spine and pelvic floor encourage the feeling of release in the limbs, allowing us to fall and suspend off center, simultaneously finding a grounded, flexible base of support. Using these physical tools, we will explore sensation, instinct, and the inherent musicality inside the body. All the while dancing, we will work toward a more grounded and direct approach to movement.

BIO:

Jennifer Nugent addresses her body, mind and being through questioning. Articulating internal experiences through performance and teaching, she augments these practices by sharing and refining ideas in front of others—a transmission of spoken and gestural language. She has performed with Bill T. Jones/Arnie Zane Company (NYC 2009-2014), Paul Matteson (NYC 2002-2020). She received a Master of Fine Arts degree in 2019 from the University of the Arts in Philadelphia, PA. Currently she is on faculty at Sarah Lawrence College and teaches open classes in NYC at Gibney Dance, MOTiVE Brooklyn, and freeskewl. Jennifer will present a new solo evening through Gibney Presents in April 2022.

Attend on Zoom or in-person at Triskelion Arts (Greenpoint, Brooklyn // Lenapehoking). NOTE: In-person spots are limited. KN95 or N95 masks and proof of vaccination (including booster) required.

PAYMENT (SLIDING SCALE):

Unemployed/Under-employed: \$8-15

Employed: \$15-30

Artist Supporter: \$31-50

ACCESSIBILITY:

In-Person Option (Triskelion Arts' Theater): Triskelion Arts is a fully ADA-compliant and accessible theater venue with a marley floor. The theater is located on the ground floor, with an accessible restroom on the ground level. You may enter the building via ramps or stairs.

Zoom Option: Rev Live Captions, which are computer automated CCs, are provided.

freeskewl
106 Calyer St
Brooklyn, NY, 11222
<http://www.freeskewl.com>

Schedule
January 25, 2022: 10:00am

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