

Tuesday, April 5, 2022

Julie Mayo: freeskewl x Trisk Hybrid Movement Class

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

► [Share](#) | [Print](#) | [Download](#)

Shifting Ship with Julie Mayo

CLASS DESCRIPTION:

My dance-making process is made up of many "mini-practices." It is one of inclusivity, seeing the potential and inspiration in a mishmash of activities. This practice stems from my valuing intuition as an active agent in decision-making and a trust that each of us is working with our own innate (as well as conditioned and learned) intelligence and sensibilities. In this workshop we will work with solo and group performance practices. We'll begin with a somatic warm-up, tuning in and tuning up, our whole selves (perceptual, imaginative, physical, vocal) and move into experimenting with various generative tools. We will make time for performing some of our studies and there will be time for discussion.

In this performance-making class we will engage with several "mini-practices," playing with potential and inspiration through a multi-layered approach. We'll begin with a somatic warm-up, tuning in and tuning up, our whole selves (physical, perceptual, imaginative) and move into experimenting with various generative tools as we shift between solo and group formats. Part of our practice will be trusting our own innate (as well as conditioned and learned) intelligence and sensibilities allowing ourselves to get out of our own way, make intuitive choices and remain open to our own and others questions. We will make time for performing some of our studies and there will be time for discussion.

BIO:

Julie Mayo is a dance artist and teacher in New York whose work has been called "associative, sometimes absurd," by The New Yorker. Making dances that foreground performance as content and resist easy description of lived experience. Mayo was a 2020-2021 Dance in Process (DiP) resident artist at Gibney Dance (NYC), a 2017-2018 Movement Research Artist-in-Residence, and a 2014-2015 New York Live Arts Fresh Tracks artist. Her teaching focuses on somatic and creative processes and she has had the pleasure of being a guest artist at many university dance and theater programs, as well as many community venues. Currently she teaches through Movement Research, freeskewl and on her own platform through Zoom.

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.

COVER PHOTO IMAGE DESCRIPTION:

Three white people are dancing barefoot in a semi-circle inside a church. A thin man with short hair is wearing navy shorts and a striped blue and white short-sleeved shirt. He is twisting slightly to his left and his arms are both out to the sides bent with elbows bent, his fingers splayed, chin up. A woman with medium length brown wavy hair wearing a light-blue long-sleeved top and a black jumpsuit is facing away from the camera while bending her knees and making a curving shape with her spine and her hands are partially flexed. A woman with long blonde hair in a ponytail wearing rust colored pants and a yellow short-sleeved t-shirt bends both knees and has her arms, out in front of her, fingers twisting. PHOTO BY IAN DOUGLAS

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

Schedule
April 5, 2022: 10:00am

[< back](#)

[previous listing](#) • [next listing](#)