

## FOR AUDIENCES

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Tuesday, April 2, 2019

### Les Saisons Movement Workshop

Company: Melani De Guzman

Venue: The Unspace

Location: Brooklyn, NY

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Ros Hayes

Join dance artist Melani De Guzman & musician [Sarah Favinger](#) in a 3-hour movement workshop deconstructing sensory movement patterns through her solo repertoire of "Les Saisons En Nous"

She'll create a brave open dialogue space for everyone to come together regardless of their dance experience. She'll lead an investigative warm-up opening the bodies to use sensations, dreams, and desires as a way to enter movement to articulate your personal truth. You'll get to a place of dissatisfaction- which was the catalyst of why and how Les Saisons vignettes were discovered.

"I view dissatisfaction as the deep sense of restlessness, unease, and lack of fulfillment one feels when life isn't going their way. It is unable to rest in the present moment and accept "what is" in order to move toward a more satisfying future." - Melani DG.

We'll explore this theme as we dive deep into the repertoire while Sarah cultivates communication techniques between her and you (mover) for more exploration of emotions that may surface through the structured improvisation of the work.

#### DETAILS

COST: FREE

MAX 10 PARTICIPANTS

OPEN to all movers with a practice

Email: [DGmelani.dance@gmail.com](mailto:DGmelani.dance@gmail.com) with resume and headshot to reserve your spot. Submissions closed after all slots are filled.

Spaces are extremely limited. Must be available for the whole 3 hr session.

Please note: This workshop is part of the [UNteaching exhibition](#) happening from March 27th- April 4th. You will be dancing in an open gallery art studio with limited audiences coming in and out.

All materials will be recorded and provided for your own use.

<http://www.melanideguzman.com>

<https://www.instagram.com/breathemelani/>

Melani De Guzman  
147 Front st rm 303  
Brooklyn, NY, 11201  
<https://melani-deguzman.squarespace.com/workshops/2019/4/2/les-saison-movement-workshop>

Schedule  
April 2, 2019: 4:00pm

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