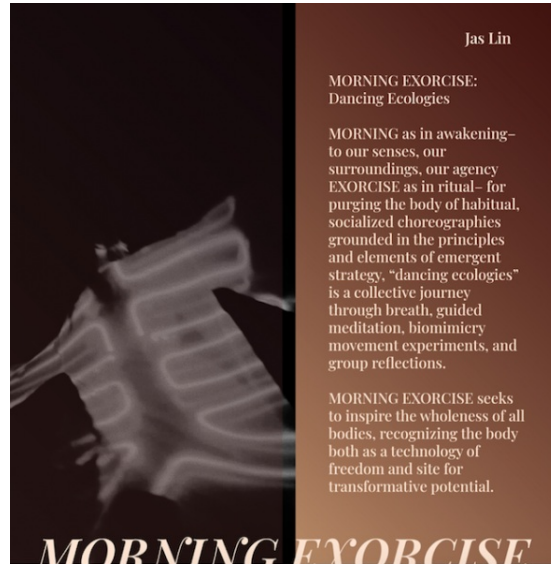


Saturday, March 20, 2021

MORNING EXORCISE: Dancing Ecologies - 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

MORNING EXORCISE: Dancing Ecologies is taught by Jas Lin

Saturday 3/20/21 at 3:15 to 4:15 PM ET

Class Description:

MORNING as in awakening- to our senses, our surroundings, our agency EXORCISE as in ritual- for purging the body of habitual, socialized choreographies grounded in the principles and elements of emergent strategy, "dancing ecologies" is a collective journey through breath, guided meditation, biomimicry movement experiments, and group reflections. according to adrienne maree brown, "emergent strategy is how we intentionally change in ways that grow our capacity to embody the just and liberated worlds we long for." what are the competencies and capacities we need to expand in a time of repeating crises? what new speeds of moving do we need to cultivate attention, depth, and trust? what can we learn from the biologically indeterminate shape of fungal networks? how can we inhabit body in a way that honors our interdependence, that re-members what joanna macy calls the "ecological self which recognizes that the world is its body"? this movement workshop is open to all who are in the practice of shaping change towards life & liberation for all becomings. MORNING EXORCISE seeks to inspire the wholeness of all bodies, recognizing the body both as a technology of freedom and site for transformative potential.

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 or embodiment.dance for more information

Email: bonjour@embodiment.dance with any questions

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

Schedule
March 20, 2021: 3:15pm

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