

May 28 - June 4, 2016

## Movements of the Orixás & Silvestre Technique | Rosangela Silvestre in NYC

Company: Moving Spirits Inc.  
Venue: Brooklyn Arts Exchange  
Location: Brooklyn, NY

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Master Teacher, Rosangela Silvestre, is coming to New York City from Brazil offering 5 dance workshops. ALL LEVELS WELCOME!!

Live music from Master Drummer Luciano Xavier and Edward Martin!

### Movements of the Orixás:

A study of the connections between the rhythms and the traditional movement, archetype and mythology, of the Orixá dances of Brazil interpreted as an art form. Discover how sacred symbolism inspires the body to dance. Orixá is the Essence of the Universe.

### Silvestre Dance Technique:

The Silvestre Technique is a continuously evolving contemporary dance technique with the objective of conditioning the dancer through physical and expressive training - regardless of level or previous experience. In 1982, Rosangela Silvestre began the early stages of developing the Silvestre Technique, which over time has progressed into a series of exercises - "conversations with the body" - working to prepare body, mind, and spirit for dance.

Classes are accompanied by live music. A series of musical compositions are created based on the conversation between the body and the orchestration of diverse musical instruments, such as: drums, saxophone, etc., the music of the body, and most importantly the "silence" that connects us all. With the inspiration that guides us, we can discover how to create dance and music constantly. All levels are welcomed and encouraged to train in this technique.

### Saturday, May 28th:

Silvestre Technique from 12:00 - 1:45pm  
Movements of the Orixás from 2:00 - 3:45pm

### Sunday, May 29th:

Silvestre Technique from 4:30 - 6:15pm  
Movements of the Orixás from 6:30 - 8:15pm

### Saturday, June 4th:

Movements of the Orixás from 4:30 - 6:20pm

### Class Packages Available:

5 Classes for \$80 [\$16/ea]  
3 Classes for \$51 [\$17/ea]  
2 Classes for \$36 [\$18/ea]

Single class tickets can be purchased at the door for \$25.

\*Class packages are non-refundable\*

Moving Spirits Inc.  
421 5th Avenue  
Brooklyn, NY, 11215  
<http://silvestreworkshopsnyc.brownpapertickets.com>

Schedule  
May 28, 2016: 12:00pm  
May 29, 2016: 4:30pm  
June 4, 2016: 4:30pm

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