

August 25 - September 1, 2020

## Multilaterals: A Radical Approach to Dance Composition for the Traumatized Bean with x

Company: freeskewl  
Venue: zoom  
Location: zoom, ZM

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Jordan Reznick

Multilaterals: A Radical Approach to Dance Composition for the Traumatized Bean with x (90 mins)

### CLASS:

In this class, we will take the approach of Creative Movement classes for youth and break down the inhibitions that prevent us from fully exploring a breadth of dance styles, at our disposal. Employing values that decolonized the violence of eurocentric dance studios in Westernized societies and the free abstraction with postmodern dance, we will gain a new approach to dance composition and choreography and think about movement in a whole new way. This class will operate under pretenses that everything is a performance and all movement can be considered dance. Targeting inner critics, toxic shame, and external authority, this lens of this class is informed and created for survivors of Complex PTSD, PTSD, and compounded trauma. Movers of various mobility range and styles, varied identities, and any and all disabilities are welcome.

### PAYMENT:

Venmo: @justx  
CashApp: \$cheruburl  
Zelle/PayPal: x.sy.rance@gmail.com

### ZOOM:

Zoom link: [zoom.us/j/3093774924](https://zoom.us/j/3093774924)  
Zoom password: 640262

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Schedule  
August 25, 2020: 12:00pm  
September 1, 2020: 12:00pm

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