

Monday, December 20, 2021

PHYSICAL LISTENING LABS

Company: The Equus Projects
 Location: New York, NY , NY

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Physical Listening LABs
Embodied Explorations for Curious Humans
A somatic practice that sharpens our noticing and creative decision-making skills

PHYSICAL LISTENING
Virtual LABs
 Somatic warm-ups
 Guided Improvisations
 Physical Problem Solving
 Choreographic Scoring
 Drawing & Doodling
 Journal Writing
 Conversation

Mondays 12:00 - 3:00
November 1st - December 20th

\$30 per class. Eight-Class Series for \$210.
 (Get one class for FREE)
 Pay via PayPal

Register on our site
<https://www.equus-onsite.org/dance-differently-lab-of-the-month>

The Equus Projects invite you to our virtual and weekly PHYSICAL LISTENING LABS.

*Embodied Explorations for Curious Humans

*A somatic practice that sharpens our noticing and creative decision-making skills

WHAT IS A PHYSICAL LISTENING LAB?

Each class focuses on a central inquiry and explores through somatic explorations, guided improvisation, journal writing, group brainstorming.

How can spatial intention improve my communication skills?

What does it mean to feel another person's energy?

How to find deeply integrated coordination?

How to jump start a creative process?

How can I avoid over-thinking?

Accessing deep play.

Every LAB incorporates:

Somatic Warm-Ups

Guided Improvisations

Physical Problem Solving

Choreographic Scoring

Drawing & Doodling

Journal Writing

Conversation

Join our FB event to stay in the know and up to date: <https://fb.me/e/1EcFZVEn9>

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**Artistic Director of The Equus Projects, JoAnna Mendl Shaw is an internationally recognized choreographer and dance educator whose unique inter-species approach to movement education and choreography has influenced dancers throughout the States and in Europe.

Shaw's site works for The Equus Projects bring dancers and horses into shared landscapes in works made for festivals, arts presenters, equine venues and museums. Equus has created works in 18 States and in Europe. The Equus Projects' OnSite NYC series has brought kinetic invention into urban landscapes since 2012.

Shaw is the recipient of two NEA Choreographic Fellowships and 2018 and 2019 National Endowment for the Arts Interdisciplinary grants for her multi-year creation projects in the Pullman District of South Chicago.

Currently Shaw travels nationally and internationally teaching, choreographing and directing. Her career as an educator includes faculty positions at NYU Tisch, Juilliard and in the Ailey Fordham BFA program, Montclair State, Marymount Manhattan, Princeton and Mount Holyoke

College, at the Bates Dance Festival, Swamp Dance Festival, Florida Dance Festival, Heifetz International Music Festival.

Shaw has taught and choreographed in Hungary, Japan, Korea, Canada, Croatia, Scotland, Sweden, Switzerland and Wales. Her interdisciplinary approach to creative process has brought innovative programming into athletics, medical training, corporate team building, ad agencies and strategic decision-making teams.

The Equus Projects
121 W. 17th
New York, NY , NY, 10011
917-533-4946

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Schedule
December 20, 2021: 12:00pm

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