

## FOR AUDIENCES

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Saturday, October 23, 2021

### Positive Mental Health Artistic Workshop

Company: Borne Dance Company

Venue: Gibney

Location: New York, NY

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Borne Dance Company will be holding an open public workshop and showcase on October 23 2021 at 4 pm (EST) at Gibney 280 Broadway, NYC in studio U.

The members of Borne will walk participants through an improv based movement workshop that has been designed to inspire creativity, body positivity and positive mental health. The workshop will consist of improv exercises and a journaling section. No dance experience required.

At the end of the workshop the members of Borne will perform a small showcase of the repertoire they are currently creating as well as hold an open discussion on the workshop and any mental health concerns that may have come up.

Borne will have educational resources on eating disorders and mental health for anybody who may be struggling or may have further questions. Masks and proof of vaccination is required for this event.

Reserve your spot by emailing [bornedancenyc@gmail.com](mailto:bornedancenyc@gmail.com).

Located at Gibney 280 Broadway in Studio U, please enter at 53A Chambers Street.

Borne Dance Company  
280 Broadway  
New York, NY, 10007

Schedule  
October 23, 2021: 4:00pm

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