

September, 28-29, 2019

## RelaxtoErupt Workshop

Company: RelaxtoErupt

Venue: Gibney 280

Location: New York, NY

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Join Us 10am-2pm at Gibney 280, Studio E

\$45 for one day, \$85 for both

RelaxtoErupt is a physically demanding practice which helps us to discover our use of 0-100% of energy and tension within the body and how that effects our capacity of movement. Whilst performing drills we will concentrate on expansiveness and how effortlessly we can transition in and out of the floor. The fundamentals of the practice are: playfulness, curiosity and pushing our bodies away from where is naturally comfortable in order to find new pathways. Within this 8 hour workshop we will bring an awareness to different surfaces through body to body manipulation and improvisation to explore vulnerability and authenticity in movement.

RelaxtoErupt delves into the different types of disciplines Lewis Cooke has studied and is influenced by such as: contemporary dance, floor work, boxing, kathak and movement practicality. Its also influenced by the artist he has worked with such as Akram Khan, Alleyne Dance, Anton Lachky & Tomislav English's Fetus Animi // Terra Nova methodology.

Gibney Dance Studio's building will open at 9.45am so that we can start as close to 10am both days as possible. So please do arrive on time so we can make the most out of the 4 hours. If you have any questions please dont hesitate to contact me via my website, <https://www.lewiscooke.info>.

RelaxtoErupt  
280 Broadway Studio E  
New York, NY, 10007  
<https://www.eventbrite.co.uk/e/relaxtoerupt-weekend-workshop-tickets-68284401483>

Schedule  
September 28, 2019: 10:00am  
September 29, 2019: 10:00am

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