

May 10 - July 9, 2022

Summer Intensive: Improvisation & Meditation

Company: Lokasparśa Dance Projects
Venue: Movement from Center
Location: Grand Gorge, NY

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Joe Damone photography

Please join us as we explore the overlap between improvisation and meditation in this multi-day, in-person workshop at Movement from Center in the gorgeous Catskill Mountains of NY.

July 7 through 10, an intimate group led by clyde forth and Lokasparśa Dance Projects dancers will spend the days immersed in ensemble improvisation, independent exploration, meditation, and informal discussion and connection.

Throughout our time together we'll approach dance improvisation in various ways, with a focus on compositional improvisation and invented movement technique. The fundamentals of Zen Buddhist meditation (zazen) will guide our mindfulness practice and we will expand those practices into moving meditation and somatic practice.

This intensive is designed for anyone who wishes to deepen their improvisation and/or meditation practice and engage in movement research where the two playfully overlap. It is best suited to those who have some experience, but intrepid beginners are warmly welcomed. Age 18 and up.

Each day includes periods of meditation, dance improvisation workshop sessions, communal lunch, and open studio practice. View a sample schedule [here](#).

Registration cost:

Until June 1 - \$332 (with housing \$421)

After June 1 - \$432 (with housing \$521)

Housing for out of town participants is being arranged in two lovely, local Air BnB's.

Movement from Center is located at 37199 NY-23 Grand Gorge, NY. At an hour's drive from both Kingston and Albany, Hudson Valley and Catskills residents will have an easy daily commute.

Light snacks Thursday evening and lunches Friday, Saturday and Sunday are included.

Lokasparśa Dance Projects
37199 NY-23
Grand Gorge, NY, 12434
347-927-1187
<https://movementfromcenter.com/summer-intensive/p/improvisation-and-meditation-lokasparśa-dance-projects-summer-intensive>

Schedule
May 10, 2022: 10:00am
July 7, 2022: 4:00pm
July 8, 2022: 9:00am
July 9, 2022: 9:00am

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