

July, 28-31, 2025

Widening the Circle, with Megan Bridge

Company: FringeArts
Venue: FringeArts
Location: Philadelphia, PA

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Engage in Improvisation and Somatic Practices with Megan Bridge.
July 28 - 31, 9:30am - 3:30pm at FringeArts. (Full week or drop in options available!)

Spots are limited! Register directly here: <https://fringearts.my.salesforce-sites.com/ticket/#/events/a0SU00000041TqT2AU>

This four day intensive workshop is an invitation into movement, mindfulness, and presence. Choreographer and performer Megan Bridge's performance, teaching, and research centers around consciousness & attention in the embodied, moving self. This class will guide students to heighten perception and use all their senses, accessing their own phenomenological experience and using it as the very material of their own performance. Formal dance training is not required, but participants should be comfortable in their bodies and, ideally, have some kind of regular physical practice.

In Widening the Circle: Movement Improvisation and Somatics, Megan Bridge's teaching draws on her own decades-long investigations into bodywork, somatics, dancing improvisationally, and her intensive study with masters of improvised dance such as Brigitta Herrmann, Steve Paxton, Lisa Nelson, Deborah Hay, Manfred Fischbeck, and Merian Soto.

About the Artist: Megan Bridge is a performer, choreographer, educator and writer based in Philadelphia. Her most recent performances and choreographies premiered at The Philadelphia Museum of Art (The Bach Cello Suites Project, 2023 and enclosure...wellspring...retreat, 2019) and FringeArts (Jerome Bel, 2022 and Sp3, 2018) in Philadelphia. She is currently working on a new solo, choreographed by Rennie Harris, and slated to premiere in Philadelphia in 2026. Bridge's own choreographies and solo performance works have taken her on tour in Austria, Bulgaria, Colombia, France, Germany, Georgia, Macedonia, Poland, South Africa, & Switzerland. She is the co-director of Fidget, an experimental performance group & warehouse art-space in Philly. www.thefidget.org

FringeArts
140 N. Columbus Blvd
Philadelphia, PA, 19106
<https://fringearts.com/event/megan-bridge-widening-the-circle/>

Schedule
July 28, 2025: 9:30am
July 29, 2025: 9:30am
July 30, 2025: 9:30am
July 31, 2025: 9:30am

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