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Monday, October 18, 2010

Shannon Gillen & Guests - Master Class @ The Rover

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October 25 - 29, 12-2PM

@ The Rover SoHo
THE PLAYGROUND

Shannon Gillen & Guests will offer Master Classes at The Rover SoHo the last week of October. This is not a formal audition. It is an opportunity for you to get to know Shannon, members of the company, and to experience the mental and physical methodologies employed by SGG in the creation of work.

Starting with an active warm up that utilizes formal modalities and structured improvisations, you will be invited into a process of generating heat and awareness in the body. We will learn phrases from the company's upcoming work 'CLAP FOR THE WOLFMAN', and will experience our technique as a malleable object of process, which we build upon with quality, experience and intention. We'll often work with a partner in effort to activate conscious presence and we'll work on purposefully relating this receptivity to the room. Together we will also investigate how the personal physics of our bodies relates to the possibilities of partnering: how alignment, trajectory, momentum, weight, and gravity are the materials of our playground (so to speak).

The goal of this experience is to embolden one another as we get to know one another. The class will progress day by day, but drop ins are welcome.

This class is FREE, however donations are encouraged.

For more information on the company please visit: www.shannongillen.com

For more information on The Rover, please visit: <http://www.theroversoho.com/space/classes/>

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