

Friday, January 17, 2014

Compositional Improvisation Workshop Monday, February 10

Cost: \$25 Monday, February 10, 7-10pm Questions & RSVP: the5lovelies@gmail.com Workshop location will be disclosed once RSVP is sent. [► Share](#) | [Print](#) | [Download](#)

Embodied Democracywith Katherine Ferrier

Compositional Improvisation offers us profound tools for creating community. Cultivating an ongoing practice of paying attention, we hone the skills needed to co-inhabit the performative, daily, literal and figurative spaces we create together. This workshop begins with solo investigations grounded in turning one's attention to the inner sensory and imaginal landscape and grows into deep research of whole-group awareness and composing. Movement exercises act as open doorways into fresh perceptions and unusual movement choices. Solo research supports our ability to make conscious choices in relationship to other, the environment and sound, and provides the foundation for the poetic refinement of one's own compositional point-of-view. Together we create and embody a true, vibrant and living democracy as we commit to meeting the moment both consciously and collaboratively.

Some experience with improvisation is required. Limit of 25 participants.

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