

Wednesday, March 29, 2017

IMPACT MOVEMENT COLLECTIVE Workshop Series: "The Garden" Part 2 - SANCTUARY

Company: Impact Movement Collective
Location: New York, NY

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Benjamin Hawkins

Join *Impact Movement Collective* for the second installment of our immersive workshop series: "The Garden"

The theme: SANCTUARY

The Garden is a new initiative by choreographer, Laura Henry to invite creativity and collaboration among dance artists, and to encourage authentic expression through movement and self-exploration. We are hosting a series of workshops that involve the development of new movement styles, the practice of authentic improvisation, personal movement style and the creation of new work.

Our theme for this segment is SANCTUARY. Through movement, improvisation and set phrase work, we will explore several questions:

What does it feel like to take sanctuary? What does it feel like to provide it? To create it? Can we cultivate it within ourselves? How do we build these spaces?

This is a great opportunity for any artists interested in future opportunities with *Impact*, as we will be building movement sequences for new pieces in this workshop. This would also be a great opportunity for anyone who wants to:

- Experience movement from a more organic, expressive place.
- Liberate themselves from the need to produce movement that looks a certain way.
- Feel like they are enough exactly as they are.
- Make discoveries and improve on improvisational skills.
- Expand on their creative repertoire.
- Participate in a community vibe.
- Develop a series of movements that help you create sanctuary within yourself.

DETAILS

Date: Wednesday, April 12th

Time: 12:00-1:30pm

Location: Lucid Body House (230 Lexington Ave, NYC www.lucidbody.com)

Workshop Fee: \$20 (if reserved before April 5th) or \$25 (if reserved after April 5th)

To reserve a spot, fill out the form [here](#):

***RESERVATION REQUIRED**

[Click here to register!](#)

Reserve now! Spots are limited!

For more information on Impact Movement Collective, visit www.impactmovementcollective.com

"This workshop series is about freedom, movement and expression. In the garden, we nourish our creative selves with the elements of dance, play, support and endless possibility. Everyone has massive amounts of creative spark and we are our most brilliant selves, in all aspects of life, when we use it."

Impact Movement Collective
New York, NY
www.impactmovementcollective.com

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