

Wednesday, February 21, 2018

A Moment in Time + Space

Company: iCarllllyVybez
Compensation: n/a

► [Share](#) | [Print](#) | [Download](#)



Carlina

Dance is so much more than just choreographed movement with a "story" behind it. Dance is our escape, dance is our therapy; dance is so much more than we perceive it to be, it is almost difficult to understand. A Moment in Time + Space is an improvisation workshop being held at Ripley Grier 500 8th ave on March 25th, 2018 where we will explore our deepest thoughts, fears, happiness, sorrow, etc through constructive and contact improv, partnering/ trusting your peers and yourself.

Growing up I hated improv, it was embarrassing for me, it was terrifying. I simply could not let myself go and vibe with the music, with others, but most importantly with my inner self. My relationship with improv has improved immensely since I have explored the various possibilities, stepped out of my comfort zone and was able to share myself without fear of mockery. Since then I have developed the deepest love for improvisation. I encourage you to join me in this two hour workshop sharing a moment in time and space, exploring ourselves, each other, time, space, and movement.

There are 20 spots available for this workshop; this works on a first come first serve basis. To pre-register and for more info you can contact me via instagram: @icarllllyvybez or email me at icarllllyvybez@gmail.com. There is a \$10 fee for this amazing 2 hour workshop. Looking forward to sharing A Moment in Time + Space with you all.

iCarllllyVybez

For more information:
Carlina Baptista
icarllllyvybez@gmail.com

[< back](#)

[previous listing](#) • [next listing](#)