

Tuesday, March 16, 2021

Essence of Embodiment Festival 2021

Company: Smush Gallery/Virtual
Location: Jersey City, NJ
Compensation: N/A

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Essence of Embodiment Festival
March 18-21 | Passes on sale!

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Choose from film passes, classes, and all-access festival passes, all donation-based, no one will be turned away because of lack of funds

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About Essence of Embodiment:

Essence of Embodiment was designed as an opportunity for an artist, dancer, creator, or educator in any form to explore using healing through movement. This event offers a safe and inclusive space for people of all race, gender, sexuality, body type and ability to share insights, increase a sense of belonging and bodily agency, and explore your own paths through this experience. We believe that this is especially crucial at this time, as we approach the one year anniversary of quarantines in the United States and across the globe.

We offer up this moment of rest to build connections, deepen your movement practice, and foster discussions in pursuit of replenishing joy and feelings of empowerment.

Some of our motivations have been: how do you make healing a priority? What do you need to realign your body with your mind? How do you recognize disembodiment? What does it mean to own your body? How do you practice mindfulness?

Essence of Embodiment Festival 2021 is a donation-based four-day virtual experience. Part film festival, part dance intensive---the festival will offer a combination of film premieres, interactive live-streamed work, and talks by established and emerging filmmakers and choreographers, and print publications. EOEFF is one of the few festivals where the filmmakers also facilitate the movement workshops. We hope you'll enjoy this opportunity to connect and build support around moving through obstacles and realizing your power.

Presented as part of the SMUSH Gallery Curatorial Fellowship in Dance, curated by Iman Louis-Jeune.

Email SMUSH Gallery at hello@smushgallery.com

Email the Essence of Embodiment team at bonjour@embodiment.dance

Smush Gallery/Virtual
340 Summit Avenue Smush Gallery/Virtual
Jersey City, NJ, 07306
<https://www.smushgallery.com/whats happening>

For more information:
Katelyn Halpern
hello@smushgallery.com

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