

Monday, July 11, 2022

## Unique Summer Weekend in the Catskills Dancing with Horses

Company: The Equus Projects  
Location: New York, NY  
Compensation: NA

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What a unique way to spend your summer weekend - in the Catskills, working with Equines and dancing.

Bring a friend and make a weekend out of it!

### Dancing with Horses Workshop in the Catskills

What: Two days of exploration into the interspecies dialogue between humans and equines guided by JoAnna Mendl Shaw in collaboration with Catskill equestrian, equine trainer and musician, Dan McCarthy of Catskill Natural Horse.

Learning to move in tandem with an equine partner, offers rich territory for deepening one's own embodied awareness. Physical Listening focuses on our sensory, physical intelligence emphasizes exploration in relationship to other sentient beings.

### Schedule:

Morning studio warmup sessions Hands-on experiences with the horses: Basic ground skills of leading a horse on a lead line and moving with grazing equines.

The afternoon studio sessions

Somatic explorations, improvisational scores and choreographic strategies taught from an interspecies perspective

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