

Monday, August 22, 2022

Creative Workshop for Artists

Company: HOLDTIGHT
Location: New York , NY

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Walter Wlodarczyk

As part of their residency at the cell theatre, HOLDTIGHT is offering two, open-level creative workshops on Sept. 17th & Sept. 24th from 2-4pm.

These workshops will guide attendees through an abbreviated version of the creative process for HOLDTIGHT's newest evening-length work titled *when the blossom passes, what remains?* which will premiere at the cell theatre on September 9th, 2022.

Content of the two-hour workshop includes meditation, prompted journaling and discussion, somatic movement, guided improvisation, and composition. The workshop will take place both indoors and in the backyard garden of the cell theatre where participants can physically connect with trees, plants, dirt, and sky. Director of HOLDTIGHT, Gwendolyn Gussman, will lead this workshop with assistance from her multidisciplinary collaborators.

These workshops are designed for bodies who want to move and explore, for individuals interested in developing new tools to use in their creative practice, and for those wanting to dive into the intersection between art, personal narrative, and nature.

\$15-45 sliding scale

**no one will be turned away for lack of funds. Please reach out directly to us.

<https://drive.google.com/file/d/16T9DQLKweIEAjLRtJsa0h-v7fhJVN6dP/view?usp=sharing>

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