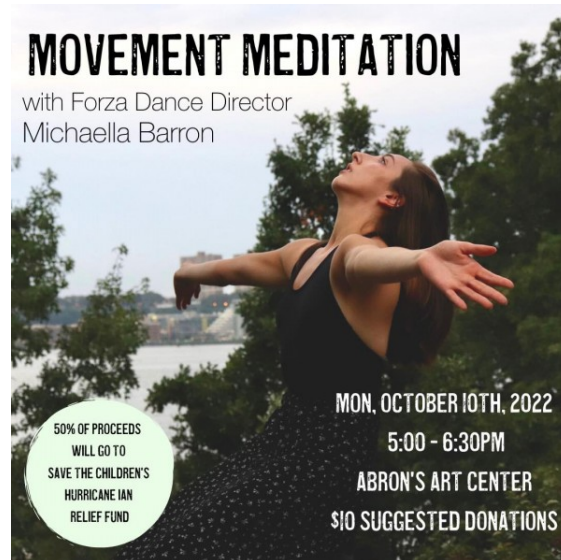


Wednesday, October 5, 2022

Movement Meditation with Forza Dance Director Michaela Barron

Company: Forza Dance Company + Community

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Edited by Reché Nelson

Movement Meditation is a dance practice that Forza Dance Director Michaela Barron has been developing for three years. We start in a meditative state with intention to fully connect with our body and mind before beginning to move our bodies. This allows oneself to strip expectations and worries for the rest of the class. We move into a guided improvisation and yoga based warm up. Then, we move into choreography learning phrase work from Michaela's pieces. After we've played with it and added our own nuances, we use prompts and discoveries learned throughout class to deconstruct the phrase and make it completely our own, owning our own artistic expression in the space!

When: Mon, October 10, 2022, 5:00 PM – 6:30 PM

Where: Abrons Arts Center

Cost: \$10 Suggested Donation

Registration: <https://www.eventbrite.com/e/movement-meditation-with-forza-dance-director-michaela-barron-tickets-430247500857>

Forza Dance Company + Community

For more information:

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