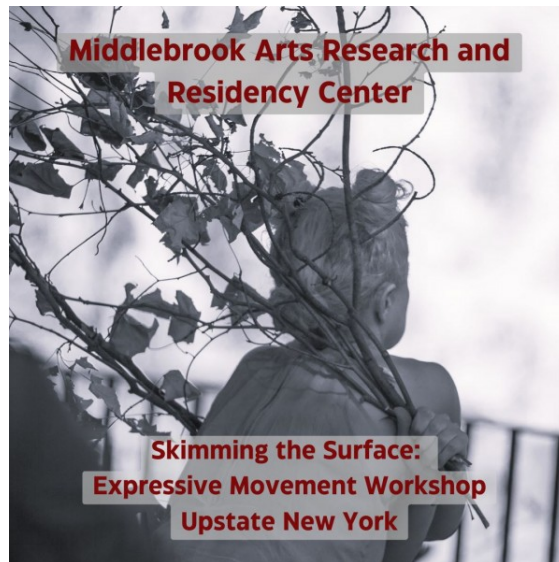


Friday, April 14, 2023

Skimming The Surface: Expressive Movement Workshops At MAR+RC

Company: Dance Entropy/Green Space
Location: Queens, NY
Compensation: Not a paid opportunity

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Barbara Hermor

Skimming the Surface: Expressive Movement Workshops will be taught by Valerie at Middlebrook Arts Research + Residency Center on April 22nd-23rd!

Workshops will help participants release blocked energy causing stress or discomfort in one's life, and are designed to integrate movement, feelings, and emotions. Themes include Identity and Embodied Transformation, Forgive, Accept, Surrender, Listen, Allow, Open, and Radiate. This workshop aims to find a physical expression to feelings, whereby a healing process can begin, and will help you find grounding in inhabiting the power of your own presence.

Saturday's program will also consist of a Pot Luck Lunch and a viewing of "Time Capsule"

SATURDAY, APRIL 22 SCHEDULE

- 11:00 am - 1:00 pm Identity & Embodied Transformation
- 1:00 pm - 2:00 pm Community Connection Pot Luck Lunch
- 2:00 pm - 4:00 pm Forgive ~Accept ~Surrender
- 6:00 pm - 7:00 pm "Time Capsule" Film Showing (41 min) & Discussion

SUNDAY, APRIL 23 SCHEDULE

- 11:30 am - 1:30 pm Listen ~Allow ~Open~Radiate

PRICES:

- \$20 drop-in class
- \$75 full workshop price (included pot luck lunch and other happenings at MAR+RC)
- \$25-35/night for housing
- \$10-20 suggested donation film showing admission

All participants must register in advance. To register and for more information, please email education@bodystoriesfellion.org

For more information about MAR+RC, visit <https://bodystoriesfellion.org/middlebrook-arts-research-residency-centre/>

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