

Friday, October 6, 2023

## Movement Meditation and Improv Theater classes with Forza Dance!

Company: Forza Dance  
Location: New York, NY  
Compensation: N/A

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There are only two more classes in Forza's 5 for \$5 class series! Join us this Saturday 2-3:30pm at Abrons Arts Center for Movement Meditation with Artistic Director Michaela Barron. Sign up [HERE!](#) \$10 drop ins.

Movement Meditation begins in a meditative state with the 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. We then learn phrase work from Michaela's choreography in Forza's repertoire. 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. Artists leave feeling empowered and in charge of their own artistic expression in the space!

Then join us next Saturday October 14th 3:30-5:00pm for Improv Theater with the amazing James Barrett. Sign up [HERE!](#)

In this creative process session we'll engage with our bodies, voices, and imaginations as doorways to character/creature studies. Through kinesthetic and theatrical improvisatory practices we'll move towards ourselves and, by doing so, have the freedom to become others. As we tap into the ever-changing nature of experience and desire we give ourselves permission. Permission to be. Permission to be seen. Permission to change.

Looking forward to growing, researching, and sharing together!

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