

Monday, April 7, 2025

Open Butoh/Contact Improvisation Session Saturday, April 12

Company: Eilish Henderson
Compensation: n/a

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Eli Hill.

This session facilitated by Eilish Henderson will act as an inquiry into the ways in which we can approach contact improvisation from a butoh lens. Grounded in the notions of the body as water vessels, these sessions will act as a supportive movement practice that engages a deep sense of listening-prioritizing care, slowness, and awareness of gravity in moments of contact. Each session will be distinct and informed by those present. More sessions to be added in May and June.

The flow will look something like this: arrival/grounding, several guided exercises with images/textures, open jam/improvisation, and a closing. No prior experience with butoh or contact improvisation is necessary.

Saturday, April 12 from 1-3 pm

at Kestrels

188 6th Street

Brooklyn, NY 11217

*Donation based to cover the space! Suggested: \$5-15.

Pre-register by filling out [this form](#).

Eilish Henderson
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