

Thursday, May 29, 2025

## Butoh/Contact Improvisation Open Session facilitated by Eilish Henderson

Company: Eilish Henderson  
Location: Brooklyn, NY  
Compensation: n/a

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n/a

Next Date: Tuesday, June 10 from 1-4 pm

at Center for Performance Research  
361 Manhattan Ave  
Brooklyn, NY 11211

This open session, entitled "Interbeing", facilitated by Eilish Henderson will act as a continuing inquiry into the ways in which we can approach contact improvisation from a butoh lens. The essence of our being is interbeing- with eternal and necessary threads connecting us to the land, rivers, and one another. 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.

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.

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

[LINK TO REGISTER HERE](#)

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