

Monday, July 28, 2025

Contact Improvisation/Butoh Workshop this Saturday 8/2

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

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Saturday, August 2 from 12-3 pm

at Kestrels

188 6th St.

Brooklyn, NY

This workshop, 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.

Please register only if you plan on attending.

Sliding scale fee: \$15-30.

Venmo: Eilish-Henderson or cash is welcome.

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

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