

Monday, August 25, 2025

Butoh and Contact Improvisation Classes: Interbeing

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

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These classes, 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 classes 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.

All Saturdays

September 6, from 1-4 pm

September 27, from 1-4 pm

*October 18, from 12-3 pm *Note the earlier time.*

November 1, from 1-4 pm

at Kestrels

188 6th St.

Brooklyn, NY

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Fee Structure

Single class for \$15-35 sliding scale

All 4 classes: \$55-\$160 sliding scale

Venmo: Eilish-Henderson or cash.

[REGISTER HERE](#)

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