

Wednesday, October 15, 2025

Butoh & Contact Improvisation Class Sat, 10/18

Company: Eilish Henderson
Compensation: n/a

► [Share](#) | [Print](#) | [Download](#)



Oscar Suh-Rodriguez

Saturday

October 18, from 12-3 pm

at Kestrels

188 6th St.

Brooklyn, NY

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.

Fee Structure

\$15-35 sliding scale

Venmo: Eilish-Henderson or cash.

[SIGN UP HERE](#)

Eilish Henderson
eilishadonnaehenderson.com

For more information:
Eilish A. Henderson
eilishadonnaehenderson@gmail.com
4407255030

[< back](#)

[previous listing](#) • [next listing](#)