

## FOR AUDIENCES

[Community Calendar](#) | [Volunteering](#)

Saturday, May 30, 2020

## B. Create. Symposium 2020 - MANTRA

Company: B. Create.

Venue: Zoom

Location: Online, NY

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

Join us for MANTRA, a welcoming and engaging workshop exploring the process behind the award-winning duet Two Can Do. This workshop will encompass both movement and non-movement and emphasize the power of using mantras to support our growth. This workshop has been inspired by the current cyber world we live in and will be delivered for the first time at the B. Create. Symposium!

SATURDAY MAY 30

11:30AM EST/4:30 PM GMT/5:30 PM GMT+1

TICKETS: <https://b-create.as.me/b-create-symposium>

B. Create is a creative hub and resource for the performing and healing arts. A place to build community. A place to exchange opportunities. A place for you. B. with us, CREATE with us.

In this MANTRA workshop, participants can expect to explore developing mantras and how they can help us to move through life, led by choreographer and performer in the work Bianca Paige Smith and assisted by performer Eimear Byrne. We will bring everyone into the world of Two Can Do through asking questions, writing together, moving together and exploring the concepts of connection, support, non-verbal communication, leaning into fear and mindfulness.

We welcome community members from all walks of life. Artists and non-artists are welcome to join. Prior experience with movement/comfort with moving your body is recommended but not a requirement.

Send us an email at [hello.b.create@gmail.com](mailto:hello.b.create@gmail.com) with any questions or concerns. We look forward to celebrating this special event with you!

Students & Artists will receive 50% off using code 'ARTIST'

B. Create.  
Live on Zoom  
Online, NY, 10282  
<https://b-create.as.me/b-create-symposium>

Schedule  
May 30, 2020: 11:30am

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