

February, 28-29, 2020

## "Bound" an eating disorder benefit show

Company: Borne Dance Company

Venue: The Secret Theater

Location: Queens, NY

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Borne Dance Company presents *Bound*, an eating disorder benefit show, at the Secret Theater on February 28 and 29 at 7:00pm. The evening will include original works of art from the realms of dance, music, literature, comedy, theater, and artisanal wares from people in our community and the country. As well as, a new piece by Borne Dance Company that explores the restriction we place on ourselves and how our ability to self-sabotage prevents us from moving forward or finding peace in our chaotic lives.

This benefit is in honor of The National Eating Disorder Association's (NEDA) Eating Disorder Awareness Week where most of the proceeds will be given to NEDA. For more information, go to [Bornedance.com](http://Bornedance.com).

"As humans we often find ourselves stuck in one place and our ability to self-sabotage prevents us from moving forward or finding peace in our chaotic lives. We compare ourselves to other people, chase away healthy relationships, procrastinate, and indulge in dysfunctional behaviors all because we are afraid we are not good enough to get what we want in life or that we may lose it once we get it. *Bound* is a new piece by Borne Dance Company that explores these themes while using black bands as a metaphor for self-sabotage. The restriction of movement reflects the restriction humans put on themselves and we watch the dancers on their journey to freedom from these self-induced limitations." -Katie Kilbourn, Borne's Artistic Director

Borne Dance Company  
4402 23rd St  
Queens, NY, 11101  
<https://forms.gle/B26VLK5HGBThsALPA>

Schedule  
February 28, 2020: 7:00pm  
February 29, 2020: 7:00pm

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