April 24 - June 26, 2019

Contemplative Dance Practice with Zavé Martohardjono and Chelsea Gregory

Company: BkSD
Venue: Brooklyn Studios for Dance
Location: Brooklyn, NY

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Wednesdays | 10am – 12pm | April 24 – June 26
$5
Contemplative Dance Practice is a three part session formally divided between seated meditation, personal attunement (warmup), and improvised movement in a group. CDP was developed at Naropa University by Barbara Dilley, a dance artist and teacher who has been practicing and studying meditation in the Shambhala tradition of Chögyam Trungpa Rinpoche for more than 30 years. Described by Dilley as "a meditator's dance hall or a dancers' meditation hall," this practice provides opportunities to sensitize our awareness of ourselves as a system, and to observe how that system interacts with, affects, and is affected by the systems we move through.

Zavé Martohardjono is a performance artist whose work explores geopolitics, social justice, queer glam, embodied healing, and modes of decolonization. They began meditating in 2012. They have performed at the 92Y, Bemis Center for Contemporary Art, Bronx Museum of the Arts, Storm King Art Center, and Wendy's Subway. Zavé has participated in LMCC's 2017-2018 Workspace Residency, BxMA Co-Lab Residency, Gibney Work Up 3.0, and Chez Bushwick's residency. zavemartohardjono.com
Chelsea M. Gregory is a community-engaged dance theater artist, cultural organizer and restorative justice practitioner originally from Atlanta, GA. She has worked with Cornerstone Theater Company, Urban Bush Women, Guillermo Gomez-Pena, Every 28 Hours, and many others at the intersections of arts and social change. Her original work has been presented in NYC by The Culture Project, LaMama ETC, Bronx Academy of Arts & Dance, Brooklyn Arts Exchange, in addition to many other venues across the country. For more information, please visit www.chelseagregory.com.

www.bksd.org/events
@BKSdance

BkSD
210 Lafayette Ave
Brooklyn, NY, 11238

Schedule
April 24, 2019: 10:00am
May 1, 2019: 10:00am
May 8, 2019: 10:00am
May 15, 2019: 10:00am
May 22, 2019: 10:00am
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