Thursday, July 11, 2019

Demonstrating Practice--Body Wisdom: Wellness for Dancers

Company: Gibney
Venue: Gibney 280
Location: New York, NY

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BODY WISDOM: WELLNESS FOR DANCERS

PRESENTED IN PARTNERSHIP WITH MOVEMENT RESEARCH

DEMONSTRATING PRACTICE: JUL 11, 7:00 – 9:00 PM
Guides: Michelle Boulé and Hunt Parr

What are your wellness challenges and your wellness goals? Join us for this experiential gathering with dance artists whose practices can inspire you to take better care of YOU.

Michelle Boulé and Hunt Parr will share their most effective and favorite practices they have used over the years to support optimal health and wellness as moving practitioners and dance artists. Emphasizing the interconnectivity of physical, mental, emotional, energetic, spiritual and financial health, Boulé and Parr will divulge their expertise with multifaceted wellness tactics. There will be time for movement, group healing, discussion and meditation. Please wear loose fitting clothing.

LONG TABLE/DEMONSTRATING PRACTICE
Curated and hosted by Gibney Senior Curatorial Director, Eva Yaa Asantewaa, this series of conversations and experiential gatherings highlights important issues in the dance community.

Long Table conversations adopt performance artist Lois Weaver's non-hierarchical Long Table format, encouraging informal conversation around topics of concern to the community.

Gibney
53A Chambers Street
New York, NY, 10007
6468376809
https://gibneydance.org/event/demonstrating-pratice-body-wisdom/

Schedule
July 11, 2019: 7:00pm

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