

May, 6-27, 2023

Dreaming Into Being

Company: Lillian Kemanis

Venue: Jonah Bokaer Arts Foundation

Location: Brooklyn, NY

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Jamie Rice

This is a 4-part Somatic Movement workshop series for folks who are looking to foster their creative energy through awakening the subconscious mind ~ a space to dream, marinate, experiment, play, and deeply tend to the creative process.

LEARN

- + how somatic movement can unlock creative energy
- + somatic techniques to incorporate into your creative process
- + how to get your mind and body to collaborate together
- + and somatic movement for finding inner resource

Registration closes May 1.

Lillian Kemanis
304 Boerum St. #23
Brooklyn, NY, 11206
<https://www.lilliankemanis.com/dreaming-into-being>

Schedule
May 6, 2023: 12:00pm
May 13, 2023: 12:00pm
May 20, 2023: 12:00pm
May 27, 2023: 12:00pm

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