October 6 - November 10, 2019

Modes of Embodiment: An Expressive Toolkit for Chronically Ill + Disabled Bodies

Company: Movement Research
Venue: Movement Research
Location: New York, NY

Modes of Embodiment: An Expressive Toolkit for Chronically Ill + Disabled Bodieswith Yo-Yo Lin, Pelenakeke (Keke) Brown, Lara Marcin

October 6, 13, 20, November 10, 2019

SUN 12-3pm

FREE *click here to register*

Movement Research, 122 Community Center, 150 1st Ave, New York, NY

Workshop sessions and facilitators:

Session 1 (October 6): Yo-Yo Lin + Pelenakeke Brown
Session 2 (October 13): Yo-Yo Lin + Lara Marcin
Session 3 (October 20): Yo-Yo Lin + Lara Marcin
Session 4 (Studies Project on November 10): Yo-Yo Lin

About the Workshop:

We dream of a reality where the chronically ill and disabled are given the communal space to honor the trauma in the bodyminds they own, and are given a set of tools to discover their bodies as a nuanced, abundant place for exploration, strength, and creative expression.

From journaling, to group discussion, to personalized movement exercises, this intimately-sized, 4-part workshop series aims to equip marginalized bodyminds with initial tools to transform their energy and movement into spaces of creative relief and artistic expression. Driven by the notions of intersectional disability aesthetics, this workshop series is particularly interested in allowing participants to uncover new movement in the context of their unique impairments, personal narratives, and cultural identities.

Participants are encouraged to attend each session to build on their explorations week by week. The days in-between sessions are intentionally there for participants to have time to process and recover from the previous session. This workshop series is specifically designed for those who have not worked (much or at all) with movement/ dance before and want to create an artistic practice that is intuitive, safe, and enjoyable for them. We emphasize the intersectional POC illness experience and welcome those who are unsure about their disability status.

Accessibility: Movement Research, 122 Community Center is an accessible space. Studios are wheelchair accessible. The second floor office is accessible by elevator. Restrooms are wheelchair accessible and are all gender. Please contact Julienne Rencher, juliennerencher@movementresearch.org or (212) 598-0551 (voice only) for further access requests or questions.

**All classes are subject to change. For the most up-to-date information, please consult the Movement Research Calendar: https://movementresearch.org/calendar.

Movement Research
150 First Ave 122 Community Center
New York, NY, 10009
2125980551

Schedule
October 6, 2019: 12:00pm
October 13, 2019: 12:00pm
October 20, 2019: 12:00pm
November 10, 2019: 12:00pm