

September, 28-29, 2019

RelaxtoErupt weekend workshop

Company: Lewis Cooke
Venue: Gibney Dance Studio
Location: New York, NY

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Debroah Jaffe & Elly Welford

RelaxtoErupt was created by Lewis Cooke and is influenced by the artist he has studied/performed for; Akram Khan, Alleyne Dance, Anton Lachky & Tomislav English's Ferus Animi // Terra Nova methodology. RelaxtoErupt touches into the many different styles Lewis has studied. Such as contemporary, movement practicality, floorwork, kathak and boxing.

What is RelaxtoErupt; is a physically demanding practice which helps us to discover our 0-100% of energy and tension within the body and how that effects our capacity of movement. Whilst performing drills we will concentrate on expansiveness and how effortlessly we can transition in and out of the floor. The fundamentals of the practice are: playfulness, curiosity and pushing our bodies away from where is naturally comfortable in order to find new pathways. Within this 8 hour workshop we will bring an awareness to different surfaces through body to body manipulation and improvisation to explore vulnerability and authenticity in movement.

Saturday 28th September - 10am-2pm

Sunday 29th September - 10am-2pm

Single or both day bookings are allowed so please follow the eventbrite link for more information.

If you wish to see more videos please visit my facebook page or instagram for more content.

Instagram- RelaxtoErupt Facebook - LewisCookeDance

Lewis Cooke
280 Broadway Studio E
New York, NY, 10007
<https://www.eventbrite.co.uk/e/relaxtoerupt-weekend-workshop-tickets-68284401483>

Schedule
September 28, 2019: 10:00am
September 29, 2019: 10:00am

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