

Sunday, May 3, 2015

## Sunday Process Lab with Aretha Aoki

Company: Movement Research  
Location: New York, NY

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The Dancer is a Haunted House

The Dancer is a Haunted House I would like to share some improvisation structures and containers for research that I have found fruitful in making and performing. We will invite the seen and unseen murmurings of past, present, and future to surface in spontaneous dancing, writing, sounding, and speaking--using the principles of automatic writing to structure improvisations that move between language and body mind. We will use our imaginations to extend the boundaries of the self into the unknown so as to be more weathervane than conductor: pointing the direction of the wind, not making the wind happen. Participants of any movement background or experience level welcome.

Sunday Process Labs are a series of three-hour, low-cost sessions on Sunday evenings, providing an opportunity for a dynamic exchange amongst peers in a lab-type setting. Sessions are facilitated by movement-based artists who will share their individual creative practices and process.

Movement Research  
537 Broadway, 4th Floor  
New York, NY, 10012  
\$5

<http://movementresearch.org/classesworkshops/classdescriptions/?class=workshops#cw1158>

Schedule  
May 3, 2015: 5:00pm

[< back](#)

[previous listing](#) • [next listing](#)