

August 2 - September 1, 2016

Witchcraft - A Corporeal Practice with iele paloumpis

Company: Movement Research
Venue: Gibney Dance
Location: NYC, NY

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August 2 - September 1

T Th 10am - 12pm

Gibney Dance, 280 Broadway (enter on Chambers)

Several years ago changes in my health and body shifted the ways I approach dance and daily life. Without answers from doctors or bodyworkers, I began looking to witchcraft and earth-based rituals as somatic practices of integration, acceptance and healing. For this workshop we will look to astrology and the lunar calendar, as well as our own unique and defiant bodies to generate restorative movement. Astrological influences have a visceral effect, so we will simply be tapping into what is already there to generate somatic healing. Come with an awareness of something you might like to shed, heal and/or embrace.

iele paloumpis comes from a long line of self-identified witches who have passed down generations of family folklore. As a life-long dance artist, iele feels that engaging in a movement practice can be deeply restorative. Their healing work is rooted in kinesthetic awareness, Tarot, herbal medicine, and some astrological know-how â€" all within a framework that centers on social justice. They have practiced Tarot for 19 years, most recently under the mentorship of Eva Yaa Asantewaa. iele received their BA from Hollins University in 2006 and is currently studying under the guidance of Deanna Cochran to become an end of life doula.

Movement Research
280 Broadway
NYC, NY, 10007
\$14

Schedule
August 2, 2016: 10:00am
August 4, 2016: 10:00am
August 9, 2016: 10:00am
August 11, 2016: 10:00am
August 16, 2016: 10:00am

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