

Family Dance (all levels)

Instructors: Kelly Armbrust and Leah Stein

Date/Time: Friday, July 14, 4:00-5:00pm

Location: Open Door Integrative Wellness

Description: Dancing with our families is a wonderful way to connect and contact improvisation can be especially satisfying. In this class we will explore ways to move together based on elements of Contact Improvisation that may include rolling, lifting, sharing weight, maintaining a point of physical contact and deep listening. We'll teach some of these skills so as to expand your movement repertoire...and then we'll just dance!

No experience necessary and all ages welcome! Bare feet and comfortable clothing.

Questions? Kelly and kelly.opendoorwrj@gmail.com

Bios:

Kelly Armbrust: Kelly holds a BA in Dance and an MA in Dance/Movement Therapy. She danced with Anonymity in Charleston, SC and Still Moving Ensemble in Boulder, CO and has taught modern dance in a variety of settings including as an artist-in-residence in public schools. She believes that dance can connect us more deeply to ourselves and our world, and strives to awaken a growing curiosity and authenticity in her students, leading to greater depth and dimensionality in the dance.

Leah Stein: Dancer, choreographer, educator Leah Stein creates collaborative site-specific performance projects including large choral dance works as well as intimate small-scale movement works. An avid improviser, she founded Leah Stein Dance Company^[LLP] in 2001 in Philadelphia where her site-specific dances have been performed nationally and internationally in train garages, open fields, vacant city lots, gardens, burial grounds and numerous historic sites. In 2019, Leah received a MacDowell Fellowship supporting her ongoing collaborations with composers, musicians and poets. Leah engaged in a yearlong research project with legendary composer Pauline Oliveros to develop Pauline's Deep Listening practice with singers and dancers. This research is the foundation of Leah's current teaching.