

**Theater and Physical Storytelling (all levels)**

**Instructor: Neva Cockrell**

**Date/Time: Saturday, July 15, 11:30am-1:00pm**

**Location: Briggs Opera House**

***Description:*** A great workshop for dancers, theater makers, storytellers, and anyone studying the human condition. Regardless of when or where we are performing, embodiment tells the story. It is present in the tone of the nervous system, the quality and style of movements, and the expression of emotions. In this workshop we will work first with the body, taking a somatic approach. Then we'll move into creation where vivid imagination moves into and through the body. We practice the rigorous craft of wildly playful communication. Finally, we'll add voice and create small performances to share. A full body exploration of what it means to be fully human, and the performance practice of sharing that fullness of experience with an audience.

***Bio:*** Neva Cockrell is a professional dancer and interdisciplinary artist. She is the founder and director of [WildHeart: Center for Performance and Embodiment Practice](#).

She danced and toured with Pilobolus from 2016-2019 and began serving as Dance Captain in 2017. With Pilobolus she has toured to Germany, Switzerland, Austria, China, Mexico, Israel, Dubai, and within the US. She is also a writer/director/choreographer who uses dance-theater as a tool for social change. In 2010 she co-founded her own interdisciplinary company, Loom Ensemble, which has toured across the US, Europe, and UAE. In 2012, she joined the Art Monastery, and served as a co-director from 2014-2021. Her life path is deeply grounded in communal living, body-based activities, art-making, being outside, and contemplative practice.

She has been teaching dance, theater, and embodiment practices for over a decade, including opening Physique 57's first international studio in Dubai and developing her own movement technique, Catalyst. Her diverse background in gymnastics, partner acrobatics, contact improvisation, Capoeira Angola, and Yoga inspire her unique style of Contemporary Dance in both her choreography and her classes. She is yoga teacher certified through Simple Yoga with

Eric Stewart, and is deeply passionate about the overlap of somatic work and breaking down systems of oppression.