

TJDF 2024 WORKSHOP ARTIST

Millie Heckler – July 21, 2:00-4:00pm at Briggs Opera House

Sensuality of Rage

Through embodied tools this class explores: What is rage? What are its various tones, textures and subtleties? Is there something that lies beneath this fierce and frenetic energy? Through dance, we engage in self-defense and group empowerment exercises that gives our rage a voice and body through which to speak. Instead of resisting rage, we move with it to focus its energy and remember its creative potential. (18+ but younger are welcomed. Be prepared to sweat and work!)

Millie Heckler is an interdisciplinary artist who merges movement, voice and original music to tell stories of empowerment through sensuality. Her practice lies in unlocking voices of the body. Through a practice of (re)opening embodied instruments—such as movement, vocalization, storytelling and imagination—she leans into self-remembrance: What am I capable of creating?



Photos by Liza Voll and Camille Breslin