

# SATURDAY, MARCH 27, 2021

## Dance & The Body

**West Region Board Members:** Lori Bryhni, Modesto Junior College; Flick Flickinger, Sacramento State; Dana Lawton, Saint Mary's College; Angela Rosenkrans, Scottsdale Community College

**Registration Cap: 200**

### Workshop Overview:

This workshop, organized by the four West region ACDA Board Members, offers three class sessions a day with up to four classes offered during each session. The focus of this workshop will be on somatic training, body image as it pertains to health and different cultures, injury prevention and more. All classes, panels and discussions will be centered around the following theme description: Cultivating body awareness and body positivity.

### Workshop Content:

Full listings of **class descriptions** and **presenter bios** are available as a separate download on the ACDA Dance And... Workshops webpage.

Classes and presenters confirmed as of 01.26.21:

- *A BodyMind Dancing™ Session* (Rosana Barragan)
- *Body Temple* (Chung Fu Chang)
- *Bartineff Warm Up* (Cathy Davalos)
- *Moving Bones and Shifting Attention* (Joy Davis)
- *Dunham Based Body Awareness* (Linda Goodrich)
- *Body Image and Latin Jazz Dance* (Cynthia Gutierrez-Garner)
- *Dance and the Body* (Holly Johnston)
- *Yoga* (Dana Lawton)
- *Presence in Performance: Mindful Movement, Radiant Dancing* (David Marchant)
- *What's the One Thing I can Do/Undo Today?* (Megan Brunsvold Mercedes)
- *Initiation, Intention, Quality: Three Important Choices for Dynamic Performance in Contemporary Dance.* (Angela Rosenkrans)
- *Your Body, Your Brain: Taking Ownership of Both to Improve Strength and Flexibility* (Lisa Thorngren)

### Schedule:

TIME—all times are in Eastern Time	SESSION
11:15am	Check In
11:30am-1:00pm	Class Session 1—multiple options
1:00pm-1:15pm	Break
1:15pm -2:45pm	Class Session 2—multiple options
2:45pm -4:00pm	Break
4:00pm-5:30pm	Class Session 3—multiple options
5:30pm-5:45pm	Break
5:45pm-6:30pm	Q&A and Wrap Up