

*Savannah Moving Art Projects, Bull Street Library*

## SOMATIC MOVEMENT IMPROVISATION WITH JANET WARE KAYLO

THURSDAYS 6:30-8:00 PM

Deepen your experience of embodiment, while improving your fundamental movement capability and connectivity. Enhance your sensory perception, inner/outer balance, and individual awareness. Through these explorations in the essence of movement you will gain greater confidence and ability to awaken within your own life and within the lives of others.

Class includes experiential anatomy, developmental movement, Bartenieff Fundamentals of movement, visualization, and creative movement exploration with images of nature, animals, and the human body.



As a teacher, Janet draws on four decades of experience in the field of professional dance performance, and Dance Movement Psychotherapy programs in University. She was full time faculty at Trinity-Laban Conservatoire of Music and Dance and Course Director for the Masters in Dance Movement Psychotherapy at Goldsmiths University, London, UK. In 2005, Janet founded Laban/Bartenieff and Somatic Studies International, designing and directing training programs in Movement Analysis and Somatic Practice, approved by the International Somatic Movement Education and Therapy

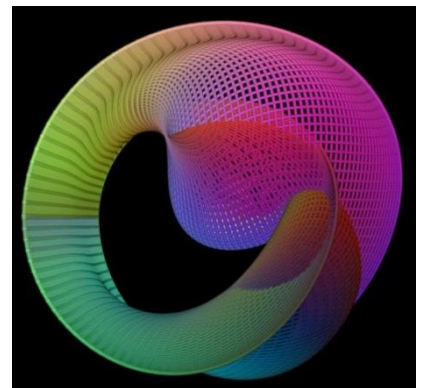
Association (ISMETA). In Savannah, Janet founded Savannah Moving Art Projects as improvisational movement events in public spaces, and has a private practice as a Somatic Movement Therapist.

ANAHATA

2424 DRAYTON STREET

WE BEGIN WITH SOMATIC PRACTICE IN BARTENIEFF FUNDAMENTALS, DEVELOPMENTAL MOVEMENT, AND EXPLORING MOVEMENT SENSATION AND CONNECTIVITY. THESE EXPLORATIONS EVOLVE INTO INDIVIDUAL AND GROUP MOVEMENT IMPROVISATION.

PLEASE WEAR LIGHT, LOOSE-FITTING CLOTHING SUITABLE FOR A DANCE OR YOGA CLASS. NO EXPERIENCE NECESSARY.



[www.labaninternational.org](http://www.labaninternational.org)