

# Two Dance Workshops in One Night!

January 20, 2025

Workshop One: African-Brazilian Dance Class with Newton Moraes

January 20, 6 pm

Workshop Two: Somatic Movement Explorations with Meryem Alaoui

January 20, 7:45 pm

Both workshops will take place at The Registry Theatre (122 Frederick Street, Kitchener)

Cost: \$15

Email [info@registrytheatre.com](mailto:info@registrytheatre.com) to register.

Presented courtesy of From Words to Action: The IBPOC Artist's Network Tour 2025

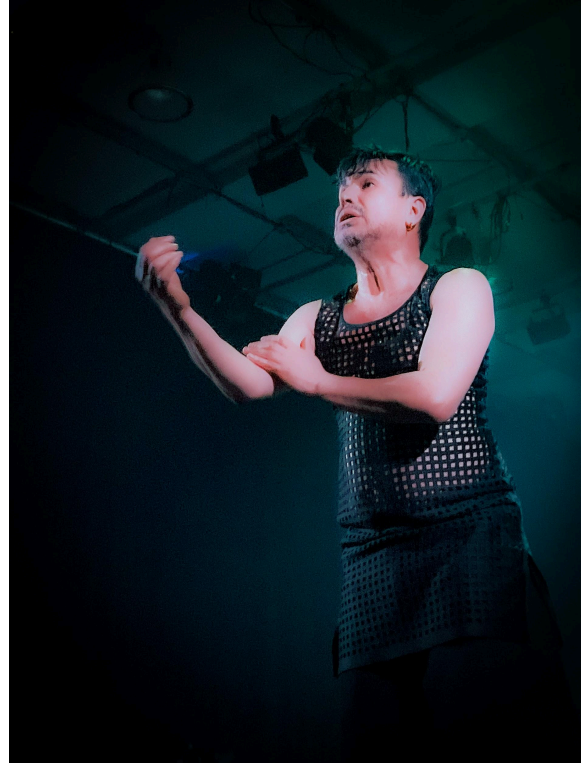


# African-Brazilian Dance Class by Newton Moraes

Join renowned dancer and choreographer Newton Moraes for an invigorating African-Brazilian Dance Class that welcomes participants of all levels—whether you are a beginner, have some dance experience, or are a seasoned professional. This class provides an exceptional opportunity to explore the rich rhythms and movement vocabulary of the African diaspora in Brazil, with a focus on holistic bodywork, breath control, and cultural expression.

## What to Expect

- **Full-Body Workout:** The class offers an energizing workout for your entire body. Newton Moraes has designed a session that not only improves physical fitness but also nurtures body awareness and flexibility.
- **Breathing & Body Awareness:** Learn techniques that center on breathing and the conscious use of different parts of the body. These techniques help with coordination, agility, and fluidity in movement.
- **Music:** Each class is accompanied by a carefully curated playlist chosen by Newton Moraes, featuring sounds and rhythms rooted in the African-Brazilian tradition, further enriching the experience.
- **Inclusive Atmosphere:** The class is designed to be accessible to people of all ages, backgrounds, and experience levels. Whether you're new to dance or a professional artist, you'll find a welcoming environment to explore, learn, and grow.



This workshop will be approximately 90 minutes in length.

# Somatic Movement Explorations with Meryem Alaoui

A movement class where we gather to breathe, move, dance and rest together as a community, sometimes to music, sometimes to silence.

We explore how to move with more ease, with less pain.

We explore how to spend more time listening to our body and its messages, instead of ignoring it and forcing it to do what we want.

We explore slowing down and finding joy when we move in harmony with our body.

We focus on resetting our nervous system, to release tension, and to bring a deep sense of relaxation and peace to our body and mind.

These classes encourage curiosity, open-mindedness, creative learning and being in the moment.

In these classes, we learn to sense our somatic experience from the body, directly from our tissues, so we can be more present in our body, give our thinking and problem-solving brain a break, so we can enjoy our sensitive body and connect to its innate intelligence and wisdom.

Each workshop can include:

- Somatizations (imagination through sensation to connect to our cells)
- Movement and voice explorations
- Touch and hands-on work
- Creative games
- Dance improvisation
- Embodied anatomy studies

No prior experience is necessary. All levels.

These classes are more suitable for adults and older teenagers, and will be approximately 90 minutes in length.

