



Expressive Improv: Movement as Language

A LIFELONG ARTS WORKSHOP SERIES

TUE, APR 28

1:00 - 3:00 PM

At Alderman Oaks Retirement Residence

727 Hudson Ave, Sarasota, FL 34236 (AL#8979)

In this workshop, we will explore movement. Movement as communication, movement as expression, movement as a language, movement as connection.

Through gentle movement, we'll get to know parts of ourselves we may not often get in touch with. We will delve into communication between the mind and body and how we interpret and react to our bodies. Experiencing movement as a processing tool and an expressive tool, we'll consider how we express ourselves through movement—and what happens when we make that expression more conscious. With new awareness, movement can become a positive tool for communication. We will explore how movement plays into how we engage with experiences and with each other. Through this blend of movement, connection, and improv, we'll embody the idea of movement as a language. We will get playful with our bodies and expressions.

Come ready to move, play, and reflect. Participants more comfortable remaining seated are welcome to participate using seat-friendly movement.

This workshop is intended only for participants of Exploring Strengths and Challenges of Aging through Improv Drama

WORKSHOP PRESENTER

Sally Rountree, Teaching Artist and Program Assistant at The John and Mable Ringling Museum of Art



Sally's work focuses on offering Lifelong Arts workshops to older adults. Her background is in youth programming,

but more recently she transitioned to older adult programming and loves it. She is currently a student of mind-body coaching with The Embody Lab. She experiments with movement as art, incorporating qi gong, belly dancing, ballet, improv, and somatics. Enveloped in her artistry is creativity as a lifestyle.



To Register:

Contact Sally Rountree at 941.358.2688 or sally.rountree@ringling.org

Alderman Oaks Residents contact Don Fitts at 941.809.7298 or dfitts7@gmail.com

The Ringling

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