

# WORDS IN MOTION

## A Creativity Workshop

with Lisa Garrigues, writer, and Lynn Needle, choreographer

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### WINTER RETREAT

Friday, March 14, 2008

11:30 AM – 2:30 PM

\$55.00

Refreshments served



No experience necessary in dance or writing

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Writing is a physical act that connects the movement of our hand to the beat of our heart. Indulge your body and spirit — and ignite your imagination — in this creativity workshop that combines writing with movement, composition with choreography. Participants will be invited to explore concepts of space, time, shape, and motion both on paper and on stage. The workshop begins with a warm-up that is guaranteed to get you — and your pen — moving. We will go on to complete a series of short, spontaneous writings inspired by guided prompts. Then we will move into creativity clusters to put our words in motion, incorporating breathing, slow walking, simple stretches, yoga poses, modern dance postures, pantomime, improvisation — whatever moves us in the moment. Time permitting, the workshop will culminate in an informal staging of our creations.

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Wear comfortable clothes and bring a notebook and pen.



For more information, call Art of Motion @ 201-652-5800.



To register, call the Ridgewood Community School @ 201-670-2777.

### Art of Motion

Performing Arts Building, Second Floor  
17 Chestnut Street, Ridgewood, NJ 07450