

# Unscripted Movement

## Dance Improvisation Workshop

### Introduction

Jessica Werfel teaches classes and workshops rooted in dance improvisation, with a focus on promoting healing, community, and care. These workshops can be adapted for the following groups: K-12 after school programs, dance studios, children and adults with disabilities, recreation centers, and more.

### What to Expect

- ❖ Community and confidence building
- ❖ Personalized check-in at the beginning and end of classes with participants
- ❖ Verbal prompts given to explore through improvised movement
- ❖ Invitation to engage in other mediums of art, such as visual art or poetry
- ❖ Participants will be encouraged to follow and/or create structured improvisation scores
- ❖ A relaxed and therapeutic experience in a judgment-free space

**Requirements:** Open space to dance, 5-20 participants per workshop

**Typical Workshop Length:** 1 hour

**Typical Workshop Rates:** Please reach out to inquire about specific pricing

“I enjoyed watching the Core Members engage with Jessica like she was a friend. Not only was Jessica's program inclusive, respectfully inviting everyone to participate, but Jessica was also inclusive of the many ideas that were tossed in her direction.” -Kim Cuny  
(Arts For All Workshop at Peacehaven Community Farm)

### About Jessica

Jessica Werfel is a movement artist from Virginia who believes that dance has the power to build community, while igniting social change and empathy. She is currently a senior at Elon University pursuing a B.F.A. in Dance Performance and Choreography, B.A. in Arts Administration, with a Business Administration minor. Spring 2023, she studied abroad at the Florence Dance Center in Italy. At Elon, she is a Rhoades Scholar, conducting undergraduate research on dance improvisation for healing, care, and community, which will be presented Spring 2024. Jessica is thrilled to bring together her dance experience and administrative skills to build a career focused on the healing quality of dance.

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