

2018 classes starting soon!



Improv Medicine is featuring a new class series and drop in class for 2018!

****PLEASE NOTE THAT YOU NEED TO SIGN UP FOR THE CLASS SERIES By THURSDAY
JANUARY 11TH TO SECURE A SPOT!**

DROP IN CLASSES

every Wednesday from 5:30-7:30 pm every week

If you are a performer looking for more authenticity and presence on stage, someone who speaks in public often and is wanting more confidence and precision in delivering your message, or just want to play and de-stress from your day, this is for you! Not only will we create magical improvised moments through a series of games and scenes, we will also leave you with tools that you will be able to apply to your life outside of this class.

No experience necessary

Call 575-613-4855 or <http://improvmedicineshow.com> for more information

Only \$10.00 per class

Location: Casa Gallina, 609 Callejon Rd in Taos, NM

Class series: "The Wisdom of Feeling: Exploring Emotions through the lens of Improv"

*Did you know that anger, pride, grasping, jealousy, and ignorance all have their up side?

In the Tibetan Buddhist tradition, each of these energies is honored as holding its opposite: clarity, equanimity, passion, activity, and spaciousness, respectively.

Through the lens of improvisation, we will explore each of these emotions and their wise and not-so-wise expressions.

This is a a great opportunity to have fun working with your emotions through improvisation, transforming these experiences through play.*

The details are as follows:

January 15 through February 19. (Monday evenings)

Time: 6 to 8 PM

Location: Unity of Taos located at 69 Blueberry Hill Rd

Cost: \$70 including tax

Call 575-613-4855 or <http://improvmedicineshow.com> to sign up

Facilitators: Hollie Laudal and Irene Loy

This is a total of 6, 2 hour classes

