

MIME MOVES . . .



“MIME MOVES . . .” Ageless Movement for Adults! (especially 50 plus).

Join Barbara L. Gregson, theater artist, director and author, for her new fun, and creative movement, mime and fitness class.

\$50.00 per person for series of 6 classes.

6 weeks, Wednesdays 10:00- 11:00AM, Oct 2 - Nov 6, 2024

Limitless Performing Arts Complex

22 River St, Sidney, NY 13838, 607-563-7280

“Mime Moves . . .” is a one-hour workout for your body and *imagination*. You will learn ancient storytelling, theater and mime, techniques, such as illusions, i.e., fixed point, creating characters, mime walks and runs, and tableaux vivants (living pictures) culminating in group mime improvisations.

“If you want a full body workout while being creative, using your imagination, and you want to play and have fun, then this class is for you!” Susan W, age 82, acting student of B Gregson’s, since 2008



To learn more about Barbara L. Gregson’s work, history and Mime Moves... go to www.Gregson.Theater or contact her at blgregson@gmail.com or call (215)850-7443 for more information.

