



COMMUNITY ENGAGEMENT

TRIBE OUTREACH

TRIBE offers a variety of outreach projects, including movement workshops, lectures, artist talks, and Q&A sessions, to engage with communities where we perform. We've had the privilege of being part of programming at leading universities, art institutions, and festivals both across the U.S. and internationally. Through these activities, we connect with students, dance enthusiasts, and professionals, sharing not only how we create our work but, most importantly, why we do it.

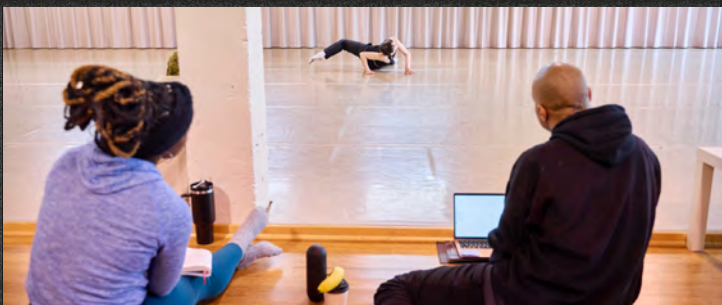
TRIBE Workshops in Your Community

We're currently offering outreach activities led by TRIBE artists Shamel Pitts, Tushrik Fredericks, Ashley Pierre-Louis, and Marcella Lewis.

If you're interested in hosting any of these programs in your community, please reach out to Sophie Myrtil-McCourty at Lotus Arts Management to learn more.

sophie@lotusartsmgmt.com

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Shamel Pitts | In~Practice Movement Class

The In~Practice Movement Workshop, guided by Shamel Pitts, is grounded in developing physical efficiency & proficiency, expressive range, and clarity through creative prompts. We will physically examine & experience embodied movement sources, dynamics, speed & rhythm & groove, aliveness within stillness, while incorporating visualization to discover our unique individual expression through dancing in a communal space.

Tushrik Fredericks | RiG Movement Workshop

Tushrik's work is dedicated to exploring and expanding the boundaries that 'human' has imposed upon himself, particularly when it comes to the discipline of both body and mind. This exploration blurs the delicate line between sanity and insanity, creating a practice that is intensely physical and challenges the limits of the psyche. Drawing from a diverse array of movement techniques, this practice involves physical research through durational studies, which ultimately inform the relationship between the physical self and the mental self. The research feels deeply sacred and spiritual, offering a profound connection to the world and everything that exists both around and within us. Tushrik believes that it is through pushing the body to its extreme physical limits that we can transcend those boundaries, reaching moments of bliss that allow us to connect with our higher purpose.



RiG is an alternative contemporary movement practice influenced by various movement techniques. It deepens our connection to our dancing bodies, strengthening our physical capabilities with rigor, intention, and groove.

Marcella Lewis | Movement Alchemy

A guided embodiment practice that connects us to the essential elements; water, fire, earth, and air - all elements we have within us.



Air, water, fire, and earth are powerful tools and teachers. Each one offers us a unique lens through which we can examine our inner world and the world around us. By engaging with these elements through embodiment practices, reflective journaling, and meaningful conversation, we invite healing, insight, presence, connection, and a deeper understanding of ourselves and each other.