

**Announcement and Invitation**  
for  
**Benevolent Instruction Community Gathering**  
**Saturday, July 10, 2021 - 10:00am-2:00pm**  
**Rollins College, Annie Russell Dance Studio**  
**1000 Holt Ave, Winter Park, FL 32789**

Co-creators and facilitators CoCo Loupe and Mina Estrada are inviting the community to join us for a 4-hour journey into Benevolent Instruction. Participants will have an opportunity to learn about the practice, the podcast, and the process of this language/movement-based creative work that CoCo and Mina (along with Nicole Garlando and Noelle Chun) have been cultivating for the past few years.

Benevolent Instruction began as a long-distance, text-based, digital-penpal practice that the co-creators began when they were no longer living in the same state but still wanted to share dances with each other. It has evolved into a method of crafting audio scripts that serve as improvisational/compositional instructions or suggestions that allow the listener to dive into the kinesthetic directives; manifest movement from the conceptual, metaphorical imagery; explore in a meditative state; make movement choices; design response possibilities; reformulate whatever definition of dance they have in their mind.

There are no virtuosic expectations in this process. Benevolent Instruction is for any human who is curious and interested in the creative potentials that exist between language and physical exploration. This immersive day will include the practice of audio scripts, discussion/conversation about this process, and a guided writing experience to develop personal scripts.

This gathering is co-hosted by Robin Gerchman, Director of Dance at Rollins College, where we will be gathering for this experience. Attendance is limited to 15 studio participants plus a small number of slots for virtual participants.

We ask that all studio participants be vaccinated and masks will be optional - based on the participant's comfort level.

Loose comfortable clothing is recommended. The practice is done barefoot or in socks. There will be a 30-45 minute lunch break and participants will need to bring a sack lunch and snacks. There is a filtered water bottle fill station in the studio.

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The event is free, however, donations are appreciated to support the continued development of this work and its ability to be shared with the community. Venmo information will be shared on the day of the event.

You can learn more about Benevolent Instruction by following on Instagram @benevolent\_instruction, and subscribing to the Benevolent Instruction podcast on Apple Podcasts, Spotify, and many other platforms.

If you would like to participate, please sign up via the following Google form.  
<https://forms.gle/8kLnBzNWSGkQWG16>

If you have questions or need more information before signing up, please send us an email at [benevolent.instruction@gmail.com](mailto:benevolent.instruction@gmail.com).

Looking forward to July 10th!

CoCo and Mina