



Andrew Pearson's

# bodies *in play*

Bodies in Play is a physical practice informed by Western dance traditions, Eastern philosophies, and holistic approaches to fitness and exercise, developed by Los Angeles based movement artist Andrew Pearson.



[The Philosophy](#)

[The Benefits](#)

[About Andrew](#)

[Testimonials](#)

## *The Bodies in Play training philosophy operates on three core beliefs:*

- 1) **The body is an instrument** - in order to be played well, it must be well-tuned
- 2) **Play is essential** - and can relieve stress, improve brain function, stimulate creativity, improve empathy, and promote vitality
- 3) **To become a better Artist is to become a better Citizen** - and requires increased awareness, reflection, inquiry, and joy

## ***Bodies in Play promotes these beliefs through two channels:***

### *Mental Play*

Bridging the gap between what I THINK my body is doing and what it is ACTUALLY doing



### *Physical Play*

Bridging the gap between what my CURRENT body can do and what my FUTURE body will be able to do

*"And I said to my body, softly,*

*'I want to be your friend.'*

*It took a long breath and replied*

*'I have been waiting my whole life for this.'"*

*— Nayyirah Waheed*



## *The benefits of Bodies in Play include:*

- **Increased Physical Awareness //**

Or, being able to be be in the driver's seat of your own body

- **Increased Physical Empathy //**

Or, being a better friend to your body and the body of others

- **Increased Physical Ability //**

Or, being able to make your body do cool shit

*Workshops or residencies can be tailored to  
the dancer body, the actor body, or the every-body.*

## MEET ANDREW

Andrew Pearson is a choreographer and movement artist based in Los Angeles. He has been hailed as “one of LA’s finest dance artists” by the LA Dance Chronicle and Cultural Weekly writes he is “known as a provocative choreographer and imaginative presenter.”

Andrew has created work for film, stage, and nontraditional spaces and his original choreography has toured the country as well as internationally. He has been awarded choreographic residencies through Los Feliz Charter School for the Arts, CHAMPS Charter School, and Pennington Dance Group. He was a performer and choreographer with LA Contemporary Dance Company from 2011 - 2017, at which point he began a solo practice to further develop his own choreographic voice.

As a solo artist, Andrew’s work has been presented by SafeHouse Arts San Francisco, The Bootleg Theater, Highways Performance Space, Northern Kentucky University, The Center on Halsted in Chicago, Coachella Valley Repertory Theater, and the Gdansk Dance Festival in Poland. Through his solo practice, Andrew developed Bodies in Play – an approach to dance and movement inspired by the body, for all it can do and represent. Bodies in Play is a platform for creation and study through body-driven performance and education, for artists with a sense of humor and art lovers with a playful intellect. The Goal: To make serious art, without taking it all so seriously.

Andrew shares this practice through performance, choreography, and teaching. He is currently on faculty at Stella Adler’s Art of Acting Studio and the American Musical and Dramatic Academy.



# TESTIMONIALS

Andrew is an inspiring teacher. He creates classes that are accessible to all levels and while most of his exercises are ensemble based, he takes time to focus on the individual students needs as well. I have rarely encountered someone who knows their body better and communicates that knowledge with such ease and humility. He reminds me that all of us are constantly learning and encourages me to push myself is exciting new ways.

—Erika Haaland, Founder of Creative Wellness

He was a knowledgeable teacher with a calm, centered way of working with the students so that they felt 'safe' to experiment with new movement.

—Kim Kinnear, Owner and Director of Parker Dance Academy

He approaches movement with concepts that make dancers feel comfortable and able. He uses language that encourages students to simply 'allow' movement which makes the classroom a positive and progressive work space.

—Jayden Hicks, Artistic Director Origins Dance Company

What is special about Andrew is his commitment to the process of creation and the authenticity of his voice. I have always marveled at Andrew's ability to find the deepest part of himself and place that onstage in such an honest and beautiful way, while still allowing those around him to create their own experience in a non-judgmental way.

—Tracey Bonner, Dance Coordinator for Northern Kentucky University

Andrew encompasses passion, talent, foundational training and discipline. He is an exemplary model for burgeoning performers.

— Heather Castillo, Performing Arts Faculty California State University, Channel Islands

He has a very acute attention to detail and a mastery of his form. He calls for excellence in his own work, and drives others to find this for themselves. And although his inquiry and study of dance is intense and focused, he is able to teach others with a smile, sly wit, and absolute grace. He allows people to shine and achieve no matter what their level of expertise.

— Kate Hutter, Founder of LA Contemporary Dance Company