

June, 17-28, 2024

## 2-weeks Summer Intensive in NYC

Company: Nai-Ni Chen Dance Company  
Venue: NYC Center for Creativity and Dance  
Location: New York, NY

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The Nai-Ni Chen Dance Company announces its 2024 Summer Intensive to be held at the Center for Creativity and Dance (Joyce East 287 E 10th St, New York, NY 10009) for weeks, one session per week. First session will be from June 17 to June 21 3:30PM to 6:30PM in studio 4, and second Session will be from June 24 to June 28 1:00PM to 4:00PM in studio 1. Each session will offer two classes: (1) Kinetic Spiral for movement coordination, technique improvement and (2) Dancing with Props to further develop the dancer's expression of technique. Sign up link: <https://forms.gle/Jf1PbWmiLKLXCEddA>

Session 1: Floating Rainbows June 17 to June 21 3:30PM to 6:30PM in studio 4

Exploring Kinetic Spiral - Nai-Ni Chen's signature technique combining the essence of Ballet/Modern with traditional Chinese movement training, QiGong, Tai Chi and Martial Arts. This technique emphasizes breathing, tension/release, and the flow of energy using key movement phrases Company's cross-cultural repertory.

Floating Rainbow - Using the company's special brand of lightweight silk ribbons in dance training enhances body awareness, fluidity, and grace, as the ribbons provide visual feedback on movements, demanding smooth, continuous motion. Ribbons improve coordination, control, and spatial awareness, extending the dancer's expressive capabilities and encouraging creativity in choreography. This approach not only strengthens muscles and endurance, especially in the arms and core, but also deepens the interpretative and emotional expression in dance performances.

Session 2: Wind and Thunder June 24 to June 28 1:00PM to 4:00PM in studio 1.

Kinetic Spiral - Nai-Ni Chen's signature techniques combining the essence of Ballet/Modern with Traditional Chinese training and ancient Chinese QiGong, Tai Chi and Martial Arts. This technique emphasizes breathing, tension/release, and the flow of energy using key movement phrases Company's cross-cultural repertory.

Wind and Thunder - Using the Fan as a way to train the dexterity of the fingers and an extension of the wrist and hand. Training with Kung Fu fans enhances a dancer's strength, precision, and control, while also improving coordination, spatial awareness, and timing due to the fans' extension of movement space. Fans serve as powerful expressive tools, adding dramatic and emotional depth to performances, and fostering a deeper connection to cultural and historical dance contexts. This unique integration of martial arts into dance not only elevates the physical conditioning and artistic versatility of dancers but also enriches the aesthetic appeal and narrative depth of their performances.

Nai-Ni Chen Dance Company  
287 East 10th Street Studio 1 / 4  
New York, NY, 10009  
8006500246  
<https://forms.gle/Jf1PbWmiLKLXCEddA>

Schedule  
June 17, 2024: 3:30pm  
June 18, 2024: 3:30pm  
June 19, 2024: 3:30pm  
June 20, 2024: 1:30pm  
June 21, 2024: 3:30pm

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