

Wednesday, March 10, 2021

## BodyStories: Teresa Fellion Dance Weekly Virtual Company Classes Spring 2021

Company: BodyStories: Teresa Fellion Dance  
Location: New York, NY  
Compensation: N/A

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**BODYSTORIES:**  
TERESA FELLION DANCE

**PRESENTS THE**  
**SPRING VIRTUAL**  
**ADULT DANCE**  
**CLASSES**

This Spring series will provide us the opportunity to brush up on our foundations, while challenging our minds and bodies to approach movement from a unique and sometimes unfamiliar lens. Dancers will explore and rediscover joy in their movement in a comprehensive class transitioning from a yoga-flow like warm up, into modern and contemporary technique, and ending in extensive phrase work. Classes will also help build composition and improvisation skills by partnering movement, music, and text, as well as investigate the relationship between dance and social justice.

**WEEKLY VIRTUAL CLASSES FOR ADULT DANCERS OF ALL LEVELS!**

**February 1 - May 28, 2021**

**Technique:**  
Wednesdays 6-7:30pm EST  
Thursdays 12:30-2pm EST

**Composition and Improvisation:**  
Fridays 1:30-3:30pm EST (bi-weekly)

Additional times available for both classes. Please inquire.

\*Classes will be held on Zoom\*

**Register TODAY!**  
[education@bodystoriesfellion.org](mailto:education@bodystoriesfellion.org)

NYC Dancers & Beyond! We are thrilled to announce our launch of weekly BodyStories: Teresa Fellion Dance Company Class for pre-professional and professional dancers. Want to train in the BodyStories curriculum and learn our company repertory in a professional environment? Join us for our weekly technique company classes and improvisation/composition classes!

Dates: Now until May 28th, 2021

Adult Technique: Wednesdays 6-7:30pm EST & Thursdays 12:30-2pm EST

Adult Composition & Improvisation: Fridays 1:30-3:30pm EST (bi-weekly)

The Company Class Series will continue to further BodyStories' Mission of unleashing creativity and empowerment in dancers and developing a deeper understanding of the relationship between art and activism. These classes will provide us the opportunity to brush up on our foundations, while challenging our minds and bodies to approach movement from a unique and sometimes unfamiliar lens. Our composition classes will help build choreographic and improvisational skills by partnering movement, music, and text, as well as investigating the relationship between dance and social justice. You won't want to miss out on this opportunity, come dance with us!

Suggested donations for company classes are \$10 to \$15 dollars. Please do not hesitate to reach out for any financial assistance or scholarship needed. We are completely open to meeting all participants where they are financially during this time.

\*All classes will be held on Zoom\*

Register TODAY [education@bodystoriesfellion.org](mailto:education@bodystoriesfellion.org)

BodyStories: Teresa Fellion Dance  
139 Payson Ave., 5E  
New York, NY, 10034  
<http://bodystoriesfellion.org/>

For more information:  
Teresa Fellion  
[education@bodystoriesfellion.org](mailto:education@bodystoriesfellion.org)

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