

Friday, April 5, 2024

Forza Dance Company Workshop

Company: Forza Dance Company + Community

Location: New York, New York

Compensation: n/a

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Forza Dance

Led by Founder and Director Michaela Barron, this workshop is your opportunity to play within your artistic practice and learn more about Forza Dance Company. The workshop will use methods from Michaela's signature class "Movement Meditation," which features grounding techniques, prompt-based improv, floor work, and Forza Dance repertory. Feel energized in a low stakes environment and practice adapting movement for YOU, while being inspired by the creative processes of others.

In this workshop, artists will:

- Learn about Forza Dance Company's repertory and movement style
- Explore personal artistic processes
- Discover new improvisational and choreographic movement patterns
- Get moving and connect with other emerging artists!

If you've met Michaela, you know the animated energy she brings to the table. Don't miss this chance to dance it out, connect with other emerging artists, and learn more about the way we do things at Forza Dance!

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Forza Dance Company + Community
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