

Friday, August 2, 2024

Contemporary with Marissa @ mignolo arts center

Company: Mignolo Arts
Location: Metuchen, NJ
Compensation: N/A

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N/A

Join us on alternating Sundays from 10AM - 11:30AM, starting January 12th, for Intermediate/Advanced Contemporary with Marissa at mignolo arts center in Metuchen, NJ!

Marissa's contemporary class is rooted in play, curiosity, and her practice of Safety Release Technique. Class typically begins with a guided floor warm-up and evolves into movement sequences that explore bodily awareness, enhance movement efficiency, challenge patterns, and cultivate artistry. Class culminates with a dynamic, indulgent combination that incorporates what was worked on during class, offering opportunities to take risks, make individual choices, and embrace play. Open to dancers of various experience levels, though previous dance experience is recommended. For comfort during floor work, wearing long sleeves and pants is encouraged.

To register for Improvisation (\$18), visit our website at www.mignolo.art/classes or find us on ClassPass with your ClassPass app and membership.

Due to our zoning regulations, there is NO parking at mignolo arts center and violators will be towed at the owner's expense, however there are 500+ parking spaces within a 5 minute walk!

1. Pearl Street Parking Garage (1 Pearl Street, Metuchen, NJ) - 5min walk, \$5 for 3 hours
2. Metuchen Station Lot 6 (Located on Halsey Street) - 5min walk, \$5 for 12 hours
3. Amboy Ave Street Parking - Meter parking available between Main St and Lake Ave, free after 6PM and on Sundays

Mignolo Arts
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