

Monday, November 4, 2024

\$12 Class Series with Pony Box Dance Theatre

Company: Pony Box Dance Theatre
Compensation: none

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Shoccar Marcus

Join us for Contemporary with Pony Box Dance Theatre, taught by company member Carl Ponce Cubero.

Every Tuesday in November from 2-3:30pm at Gibney Dance Center. Classes are only \$12. Please sign up online at gibneydance.org/class-schedule.

Class description:

Join Pony Box Dance Theater for an open-level class that explores the multimodal perception of the dancing body through modern/contemporary dance forms using groove and flow as our guide. We'll begin with a centering warm-up grounded in somatic principles, setting the stage for a dynamic journey. As we move, we'll focus on shifting weight, tracing the body's natural curves, and flowing through the pelvis, spine, and limbs.

Throughout the class, we'll enhance our awareness of our surroundings by playing with levels and perspectives, discovering what we know to be true in our bodies—and what happens when we let go of that knowledge.

We'll conclude with a dynamic movement phrase from our company repertory, followed by group breath exercises and a calming somatic cool down inspired by yoga, honoring the community we've created together. Come ready to flow and connect.

Pony Box Dance Theatre

For more information:
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