

Saturday, February 1, 2025

## Book Launch and Reading: Teaching and Learning Dance Through Meaningful Gestures by Anabella Lenzu

Company: Anabella Lenzu/DanceDrama  
Location: NY  
Compensation: 0

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AL

YOU are all invited!

Sunday, February 23rd at 2pm at Peridance Center, #nyc

Book Launch and Reading:

Teaching and Learning Dance Through Meaningful Gestures

by Anabella Lenzu

FREE Admission, RSVP required: info@anabellalenzu.com

<https://www.anabellalenzu.com/meaningful-gestures>

From her NEW book Teaching and Learning Dance Through Meaningful Gestures, Anabella will be reading passages and showing short dance videos from the ALDD repertory.

A Q&A session will follow.

Teaching and Learning Dance Through Meaningful Gestures is the fruition of Anabella Lenzu's 35 years as a dance teacher, scholar, and pedagogue across 3 continents,

and explores how technique is a philosophy and a theory, and how the body is an instrument for expression.

Coming in at nearly 200 pages, the book contains 250 images, 50 illustrations, and endeavors to inspire and enlighten dancers, dance educators, and the arts community alike.

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