October 10 - December 19, 2019

2nd Best Dance Company's MORNING CLASS

Company: Triskelion Arts
Venue: Triskelion Arts
Location: Greenpoint, NY

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2nd Best Dance Company's
MORNING CLASS
Thursdays
10am -12pm
$12

2nd Best Dance Company's Class, taught by a rotation of director Hannah Garner and performers Will Noling, Courtney Barth, and Ryan Yamauchi, is an advanced contemporary technique class. This two hour shared practice will cycle through a grounded warmup intended to organize the body, conditioning to further investigate use of tone and economical energy, sequential and momentum based traveling material, and will culminate in a final phrase designed to continue our physical research of that day. Please join them in:

Indulging in the support of the ground
Twirling and whirling
Falling and heaving
Leaving our shit at the door OR carrying it in with us
Yearning and reaching
Singing at the top of our lungs (it can/should be bad)
Rigorous physicality
The search to know more

Triskelion Arts
106 Calyer St.
Greenpoint, NY, 11222
http://www.triskelionarts.org/classes

Schedule
October 10, 2019: 10:00am
October 17, 2019: 10:00am
October 24, 2019: 10:00am
October 31, 2019: 10:00am
November 7, 2019: 10:00am
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