January 16 - March 20, 2021

# Afro-Cuban Live with La Mora

Company: Ailey Extension
Venue: Ailey Extension
Location: New York, NY

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This workshop is intended to create a movement environment that explores the various forms of Afro-Cuban dance tradition. While practicing different movements representing the Orisahas (dieties from the African traditions brought to Cuba), La Mora will discuss the form's history and its importance to each movement. Based on each dancer's skill, knowledge, and experience, La Mora allows participants to embrace an accessible path to understanding dance through the quality of movement, and cultural context.

This workshop will also be available On-Demand after the livestream.

Ailey Extension
Virtual
New York, NY, 10019
https://www.alvinailey.org/extension/workshops/afrocuban

Schedule
January 16, 2021: 12:00pm
February 20, 2021: 2:00pm
March 20, 2021: 2:00pm

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