

Thursday, December 18, 2025

## Amanda Selwyn Dance Theatre Announces First Light: Winter Preview Performance

Company: Amanda Selwyn Dance Theatre  
Venue: Amanda Selwyn Dance Studio  
Location: New York, NY

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Amanda Selwyn Dance Theatre announces First Light: Winter Preview Performance on Thursday, December 18, 2025 at 7 and 8:30PM at Amanda Selwyn Dance Studio, 412 Broadway, 2nd Floor, New York, NY, 10013. The company will preview Exposed, part of its 26th Annual Performance Season. Tickets start at \$30 and can be purchased [here](#).

Exposed explores a raw relentless human drive to climb — physically, emotionally, and spiritually and the vulnerability, vision, and courage required to transcend and rise. Throughout the piece, the dancers will transform the stage into a dynamic playground of semi-transparent steps and platforms that conceal, distort, confound, beckon, and demand resilience. The dancers move from being constrained and hidden in the maze of obstacles to an unburdening, soaring with a potential of growth.

The 8:30 performance will be followed by a reception.

The Amanda Selwyn Dance Theatre creates dynamic dance theatre that activates emotional expression. Through an interplay of athletic and articulate motion, they present theatrical and immediate works that engage audiences from start to finish and beckon a response of thought, feeling, and soul.

Notes in Motion, a vendor of NYC Department of Education, offers inclusive in-school, after-school, and community programs that teach dance styles including ballet, modern, jazz, African dance, Latin dance, hip hop, tap, musical theater, and more. Dance programs combine technical skill-based instruction with creative expression and foster self-discovery, risk-taking, and individual leadership, and are united by Amanda Selwyn Dance Company's singular approach to dance education, The Movement Exchange Method, which combines technical instruction with creative skill-building and collaborative learning. Notes in Motion aims to provide access to the art form of dance to inspire the next generation of dance appreciators. In the last three years, the dance education programs have grown from 87 programs and 45 school partners per year to 163 programs and 75 school partners. This year, Notes in Motion brought dance to 21,000 students and delivered 4,400 program sessions throughout NYC. Programs directly benefit underserved communities who have historically faced a lack of arts education.

Amanda Selwyn (Artistic Director/Choreographer) founded Amanda Selwyn Dance Theatre/Notes in Motion in 2000 and in 26 seasons, has directed over 130 productions, developed a network of artists, and created Notes in Motion's dance education program. Amanda recently taught workshops and residencies at Peridance Hofstra University, NYU, SUNY New Paltz, BMCC, Baruch, New Women, NY, the NY Gender Conference, and Temple University. Her work has been presented twice on Jacob's Pillow Inside/Out, at Tribeca PAC, American Dance Guild Festival, DUMBO Dance Festival, APAP, COOL NY, Wassaic Dance, WestFest, Movement Research, Dixon Place, NYU's Women and Theater conference, Dance Teacher Summit, and Pushing Progress. Amanda led workshops at 3 Face to Face conferences. Grants: NYSCA, Harkness Foundation, Mid-Atlantic Arts Foundation, Hyde and Watson Foundation, Friars Foundation, Dizzy Feet Foundation, Bronx Arts Council, DCLA, NYC Council, Manhattan Borough President, Met Life, City National Bank, Credit Suisse, and Bossak/Heilbron Foundation. Amanda participated in the Choreographer's Lab program at Jacob's Pillow. She has a 500-hour yoga teacher's certification and teaches yoga privately and at Crunch Gym. She holds a Master's degree from NYU Tisch and a B.S. from Northwestern University, with a focus on theatre, women's studies, and dance.

Amanda Selwyn Dance Theatre/Notes in Motion programs are made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature. The company is supported, in part, by public funds from the New York City Department of Cultural Affairs in partnership with the City Council.

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Amanda Selwyn Dance Theatre  
412 Broadway 2nd Floor  
New York, NY, 10013

Schedule  
December 18, 2025: 7:00pm, 8:30pm

