August, 3-24, 2020

Applied Anatomy and Barre a Terre

Company: Anabella Lenzu/DanceDrama
Venue: ZOOM
Location: Brooklyn, NY



Anabella Lenzu

AUGUST 2020 ONLINE MENTORSHIP PROGRAM

FACULTY: ANABELLA LENZU

I am very pleased to offer this mentorship opportunity and share my 30 years of experience and knowledge as a teacher, choreographer, and dancer.

With Love and Gratitude, Anabella

Applied Anatomy and Barre a Terre Workshop

Mondays, August 3, 10, 17 & 24

11am-2pm (EDT) NYC Time.

12pm-3pm Argentina & Brazil

5pm-8pm European Countries- CEST

Find your inner-strength. Use your body and your energy in a healthy way as an instrument of your expression whether you are ballet, modern, contemporary, hip hop dancer, or an actor. Develop & Improve alignment and technique.

Acquire muscular awareness in order to prevent injuries.

The focus of this workshop is to further develop and deepen one's understanding of the principles of the skills basic to all movement studies; such as dynamic alignment through coordination and integration of the neuro/skeletal/muscular system, strength, balance, and spatial awareness. To this end, we will explore alignment with an emphasis on anatomical principles and enlist the appropriate neuromuscular effort needed to dance with optimal integration of every aspect of the individual body, mind, and spirit.

Course Objectives
*To learn, develop & understand the principles of the skills basic to all movement studies; such as dynamic alignment through coordination and integration of the neuro/skeletal/muscular system, strength, balance, and spatial awareness.

*To explore the use of space, dynamic, coordination, and body control of energy.

*To compare how exercises & alignment of the body affect the upright position and the different effects of gravity on the dancer.

*To know the names of major bones and muscles

*To learn to develop & understand breath control to better understand how it affects movement.

ALL CLASSES VIA ZOOM.

I WILL PROVIDE INDIVIDUAL ATTENTION, FEEDBACK, AND GUIDANCE FOR EACH INDIVIDUAL, WHICH IS WHY ALL PARTICIPANTS NEED TO BE PRE-REGISTERED. NO SINGLE CLASSES ARE ALLOWED. EACH PARTICIPANT NEEDS TO REGISTER FOR THE ENTIRE LENGTH OF THE COURSE, SO I WILL BE ABLE TO DEDICATE MYSELF INTENSIVELY TO THE PROGRESS OF EACH ARTIST. THEORETICAL MATERIAL IS INCLUDED.

CLASS SIZE IS LIMITED TO 10 STUDENTS PER WORKSHOP.

TO APPLY: PLEASE SEND A COVER LETTER EXPLAINING WHY YOU ARE INTERESTED IN PARTICIPATING AND YOUR RESUME TO **INFO@ANABELLALENZU.COM BY JULY 26, 2020. PLEASE DESIGNATE WHAT WORKSHOP YOU ARE INTERESTED IN.

THE COST OF ONE WORKSHOP IS $150 PER PERSON.

Anabella Lenzu/DanceDrama
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Brooklyn, NY, 11211
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https://www.anabellalenzu.com/workshops

Schedule
August 3, 2020: 11:00am
August 10, 2020: 11:00am
August 17, 2020: 11:00am
August 24, 2020: 11:00am

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