January 15 - December 10, 2015

Barre a Terre

Company: Anabella Lenzu/DanceDrama
Venue: Peridance Capezio Center
Location: NY

Tddd Carroll

Find your inner-strength; develop & improve alignment and technique; explore and learn how to efficiently use your body and your energy in a healthy way as instruments of your expression. Through this class, you can increase flexibility and strength, overcome physical difficulties and incorrect posture, and acquire physical awareness to help prevent injuries. Open to all levels of experience.

Anabella Lenzu/DanceDrama
NY
http://www.anabellalenzu.com/weekly-classes/

Schedule
January 28, 2015: 8:00pm

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