

Wednesday, November 12, 2025

Class & Choreo Workshop

Company: Ballaro Dance
Venue: NYC Studio
Location: New York, NY

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Join Ballaro Dance in the studio for a high-energy *Modern MOVES* class followed by repertory exploration. Geared for intermediate level+ but all are welcome!

Class & Choreo Workshop
Wednesday, November 12 | 10am-12pm
\$15-\$20 Sliding Scale (Venmo @ Marisa-Ballaro, Paypal, or cash upon arrival)
RSVP to share@ballarodance.com for location details & participation waiver.

ABOUT THE SESSION:

Modern MOVES, Technique is high-energy and thought-provoking. Inspired by early American modern dance fundamentals, the class explores: spatial tension and resistance, using body weight as power to find suspension, being both on and off balance, body part articulation to locomote. Through use of breath and spatial awareness, dancers connect from the inside out, affecting and being affected by space. Using biomechanics, the class is attentive to joint angles and bony landmarks to find efficiency of movement leading to injury-free, expressive, and athletic performance. Analyzing muscular actions, joint motion, and skeletal assessment aids in observation, class discussion, and building self-awareness. Working at various speeds and direction facings provides micro-challenges that test the core, promote stability, and challenge the mind. The class incorporates a "practice as performance" approach: technical exercises both strengthen the body and invite expression and attention. Students enter into a "classroom as lab" environment exploring concepts facilitated by the teacher, while self-guided, or through collaborative investigation; peer-to-peer feedback is a cornerstone.

Dive into the heart of Ballaro Dance's signature style—grounded, gestural, and emotionally resonant. The session will conclude with *Ballaro MOVES, Repertory* which introduces selections from Company repertory focusing on dynamic phrasing, spatial awareness, musicality, and being human. Embody excerpts from past works and learn how storytelling, gesture, and ensemble work intersect in professional choreography.

Ballaro Dance
New York, NY, 10002
<https://www.ballarodance.com/class-schedule>

Schedule
November 12, 2025: 10:00am

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