

November 13 - December 11, 2020

## Classic Modern Zoom Classes

Company: Moving Visions

Venue: Zoom.us

Location: NYC, NY

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Melanie Futurian

Classic Modern Dance with Loretta Thomas, is based on the technique of Isadora Duncan; infused with more contemporary dance knowledge. Monday's class is Adv. Beg/Int. level. Thursday's class is Int/Adv level dancers. Focus is on the use of breath to articulate the expansion and release of the body, stability in the hips to support greater freedom of movement in the upper body and using gravity to create a dynamic and weighted approach to locomotion. This healthy approach to dance can be carried over to other dance forms, enhancing and deepening the knowledge of movement.

Please contact [lthomasdancedance@aol.com](mailto:lthomasdancedance@aol.com) for Zoom link. Payment on Venmo @movingvisions

Moving Visions  
67 Murray St #3  
NYC, NY, 10007  
646.799.8703

### Schedule

November 13, 2020: 8:00pm  
November 20, 2020: 8:00pm  
November 27, 2020: 8:00pm  
December 4, 2020: 8:00pm  
December 11, 2020: 8:00pm

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