

Monday, November 14, 2016 - Wednesday, January 25, 2017

Cross training (Pilates and Gyrotonic) for Dancers and Injury Prevention

Company: Marcela Bragagnolo at Body Evolutions
Location: New York, NY

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MODULE 2: THE SPINE (November 14-16)

MODULE 3: HIP JOINT (December 12-14)

MODULE 4: LOWER LIMB (December 19-21)

MODULE 5: UPPER LIMB (January 23-25)

10-11: Anatomy Review: musculoskeletal, nervous and connective system, dance pathology resources (theory)

11-12: Specific Crosstraining for Dancers in the Gyrotonic or Pilates equipment (workout)

12-1pm: Biomechanics, Analysis of Dance Movements, Dance Technique Corrections and Progressions (Dance Practice)

Modules can be taken independently. Registration at Body Evolutions (212) 375-0430.

Presenter: Marcela Bragagnolo. Former dancer Paris Opera. Ballet Teacher (French National Diploma and ABT NTC Certified level 1-7), Gyrokinesis Master Trainer, Stott Pilates Lead Instructor Trainer. Full Bio: <http://mb3newyork.com/bio/>

Scholarships availables, please contact marcelasbrag@gmail.com

Marcela Bragagnolo at Body Evolutions
BODY EVOLUTIONS 266 East 10th Street
New York, NY, 10009
212- 375 0430

Schedule

November 14, 2016: 10:00am
November 15, 2016: 10:00am
November 16, 2016: 10:00am
December 12, 2016: 10:00am
December 13, 2016: 10:00am

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