January 25 - April 26, 2019

# DANCE THEATER CLASSES

Company: Anabella Lenzu/DanceDrama
Location: New York, NY

▶ Share | Print | Download



Todd Carroll

DANCE THEATER CLASSES (Open level)
Faculty: Anabella Lenzu
at Peridance Capezio Center (126 East 13th Street, between 3rd and 4th Ave, NYC)

FRIDAYS 10-11:30am
http://www.anabellalenzu.com

CLASS DESCRIPTION:

Expand your craft, technique and creativity in an exclusive, personalized, classes. This is an opportunity for dancers, actors and performers to develop their potential on both movement and theater performance skills and connect both to become more authentic, expressive performers.

This class explores the principle: Motion Creates Emotion /Emotion Creates Motion, and emphasizes the use of imagination, interpretation and body coordination and control.

DANCE TECHNIQUE Students develop alignment technique and an understanding of the dynamic in dance. Increase flexibility and strength as well as to develop muscular awareness in order to prevent injuries. Proper technique is the foundation for learning to dance and control the body, showing how to use one's muscles, achieve balance, and become aware of posture and placement.

REPERTORY Students experience and study Anabella Lenzu / DanceDrama repertory. The emphasis is on the journey rather than the destination, on understanding the impulses generated by movements and gestures. The search is for authentic and honest movement. Derived from our most basic impulses, these dance works use this principle to examine relationships between the individual and society, exploring communication, identity, memory, and spirituality, the relationship between people and their environment, the struggle for women's identity and their role in society, and the nobility of the body as a temple for our mind, soul, and heart.

Anabella Lenzu/DanceDrama
126 East 13th Street
New York, NY, 10002
http://www.anabellalenzu.com

Schedule
January 25, 2019: 10:00am
February 1, 2019: 10:00am
February 8, 2019: 10:00am
February 15, 2019: 10:00am
February 22, 2019: 10:00am
more