

July, 17-24, 2020

DTH Free Live Open Class: Modern - Horton Technique with DTH Company Artist Daphne Lee

Company: Dance Theatre of Harlem
Venue: YouTube
Location: New York, NY

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Rachel Neville

Come together and dance!

Take our DTH On Demand Free LIVE Open Class: Modern - Horton Technique, on Fridays, 6:30-7:15 pm EDT live on our [Youtube channel](#). Our July 17th and July 24th classes will be taught by DTH Company Artist Daphne Lee.

Dive into the fundamentals of Lester Horton's technique building strength and stamina throughout the whole body and brain stimulation. Students will engage in a series of anatomical exercises that deal with lengthening muscles and releasing the body while creating a grounded foundation for flexibility, coordination and freedom of expression. Daphne's approach to the Horton-based class is built with preserving the technique with added modifications making it suitable for every level. Enjoy this dynamic class as we play with percussive musicality and challenge the body and mind.

You don't want to miss it! Subscribe to our [Youtube channel](#) and tap the notification bell to be notified when we upload new videos!

[Learn more about DTH On Demand](#)

Dance Theatre of Harlem
Dance Theatre of Harlem
New York, NY, 10031

Schedule
July 17, 2020: 6:30pm
July 24, 2020: 6:30pm

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