

September 29 - November 17, 2020

DTH Live Open Class: Modern - Horton Technique

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

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Rachel Neville

Whether you're dancing for fun or working towards your fitness goals, we have a variety of classes that you can enjoy from the comfort of your home.

Take our DTH On Demand LIVE Open Class: Modern - Horton Technique, Tuesdays, 6:30-7:15 pm EDT, FREE on our [YouTube channel](#) taught by DTH Company Artist Anthony Santos!

Dive into the fundamentals of Lester Horton's technique building strength, 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. Anthony'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
<https://www.youtube.com/user/DanceTheaterofHarlem>

Schedule
September 29, 2020: 6:30pm
October 6, 2020: 6:30pm
October 13, 2020: 6:30pm
October 20, 2020: 6:30pm
October 27, 2020: 6:30pm
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