January 23 - August 20, 2024

Dance Your Frame: Adult Modern Dance

Company: Green Space
Venue: Green Space
Location: Long Island City, NY

Class Structure: We begin with a series of floor exercises designed to awaken the feet, spine, center, and pelvis. Next, standing center work focuses on exercises supported by proper alignment throughout the body. The class culminates in rhythmical, full-bodied movement combinations across the floor.

The Hawkins-based principles emphasized in this class are universally beneficial to dance training at all levels. Valerie Green's certified background in BodyMind Fitness inform her ability to work with a wide range of participants' abilities. Exercises are guided with the safe use of body mechanics and neuromuscular imagery, highlighting movement that follows the body's innate spirals and bone rhythms.

Green Space
3724 24th St Fl 2 Suit 212
Long Island City, NY, 10010
9176070862

Schedule
January 23, 2024: 6:30pm
February 6, 2024: 6:30pm
February 20, 2024: 6:30pm
March 5, 2024: 6:30pm
March 19, 2024: 6:30pm
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