

## FOR AUDIENCES

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Sunday, July 28, 2019

### Designing a Warm up Workshop with Ginger Cox MS

Company: Dancing Anatomy

Venue: Studio 353

Location: NY, NY

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Eric Bandiero

This Workshop is for Dance Educators and Dancers interested in learning about the physical science of designing a warm up. Together with the participants, warm up exercises will be demonstrated, the anatomy will be identified, and new ways to creatively develop exercises that train technique, strength, conditioning, and fluid transitions will be explored. We will discuss proper sequencing, how to progress or regress the necessary components to meet the needs of all levels of dancers, and how to prevent overtraining and injury. The end product will be a warm up that is unique to your personal style, innovative, comprehensive, can be performed in as little as 20 minutes.

Register at [Dancinganatomy.com](http://Dancinganatomy.com)

\$60

Dancing Anatomy  
353 West 48th Street; 2nd floor  
NY, NY, 10036

Schedule  
July 28, 2019: 10:30am

[< back](#)

[previous listing](#) • [next listing](#)