

Thursday, October 22, 2020

Free Live Open Level Improvisation Class with DTH Alumna Loni Landon

Company: Dance Theatre of Harlem

Venue: YouTube

Location: New York, NY

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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: Alumni Spotlight, Thursdays, 6:30-7:15 pm EDT, FREE on our YouTube channel. Our October 22nd class will be a Open Level Improvisation Class taught by DTH Alumna Loni Landon.

This is an open level improvisation class. The class begins with a warm up incorporating imagery and investigation of the dancer's own natural way of moving. We will create new pathways mentally and physically. We will also focus on the idea of abandonment and risk taking by different movement prompts. Looking forward to moving with you!

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
October 22, 2020: 6:30pm

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