

April, 2-30, 2017

Harkness Healthy Dancer Initiative Workshop Series

Company: Harkness
Venue: Peridance Capezio Center
Location: Manhattan, NY

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Introducing The NEW #Harkness Healthy Dancer Initiative Workshop Series! A workshop for healthy people! This series will be helpful for dancers preparing for a busy Spring Season or anyone that is interested in learning about self-care for the body and injury prevention. You can take the whole workshop or just drop into one, whatever you need to take care of your health! Harkness and Peridance has you covered.

We will have four sessions:
April 2nd, 9th, 23rd, & 30th 2017.

The sessions will focus on:

1. Foundations of Injury Prevention
2. Dynamic Warm-Up
3. Cracking the Core
4. Self-Care for Dancers (including foam rolling as well as healthy stretching)

Full Workshop Rate: \$80
Pre-Reg Single Class Rate: \$22
Day-of Drop-In: \$25
Professional Dancer Single Class Rate: \$20
University/College Student Single Class rate: \$10

Register online today at the Harkness Workshop Series page on our website: <http://tinyurl.com/jdh8994>

Harkness
126E 13th St.
Manhattan, NY, 10003

Schedule
March 17, 2017: 8:00pm

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