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Friday, December 13, 2019

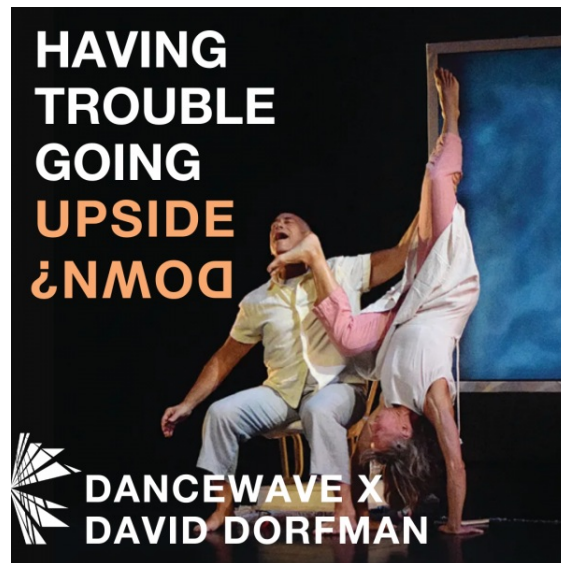
Intro to Inversions with David Dorfman & Lisa Race

Company: Dancewave

Venue: Dancewave

Location: Brooklyn, NY

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Lauren Cress

Going upside down doesn't have to be scary, David Dorfman and Lisa Race are here to help! Join David Dorfman & Lisa Race for special back-to-back Technique and Inversion skills Master Workshops at Dancewave, a unique opportunity to study with these master artists.

-- No prior experience with inversions is required --

This eclectic modern class will explore a range of styles from weighted and grounded floor work, to upending the body through space. Participants will incorporate these explorations into short movement phrases, challenging us to defy preconceived notions of what a body can achieve in motion.

Cost: \$50

Dancewave
182 4th Ave
Brooklyn, NY, 11217
<http://dancewave.org/adult-classes>

Schedule
December 13, 2019: 12:00pm

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