

July 28 - August 1, 2014

## Irene Dowd - Summer MELT 2014 Intensives

Company: Movement Research  
Venue: Gibney Dance Center  
Location: New York, NY

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IRENE DOWD: Choreography For Warming-up to Dance

9:45-11:45am July 28-August 1 \$120

"Participants will learn a selection of choreographic materials created by Irene during her ongoing interactions with professional dancers and dance teachers. These choreographies can be used as a very efficient warm-up for dance, as well as a musculo-skeletal conditioning program, neuro-muscular fine-tuning, and mental preparation for the greater awareness and expansiveness required of us all as creative performing artists. Areas of focus might include: dynamic trunk/pelvis stabilization, foot sensitization and articulation, hip joint mobilization, freeing of hands/arms, and enhancement of breathing."

MELT Intensives are a series of daily workshops in technique, somatics, improvisation, composition that provide an opportunity to engage with some of the most innovative artists in the field of dance today. Register online in advance.

Movement Research  
890 Broadway Studio 3  
New York, NY, 10003  
<http://www.movementresearch.org/classesworkshops/melt/>

Schedule  
July 28, 2014: 9:45am  
July 29, 2014: 9:45am  
July 30, 2014: 9:45am  
July 31, 2014: 9:45am  
August 1, 2014: 9:45am

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