

May 28 - June 6, 2014

Jump Into Class with Jenna Reigel!

Company: Gibney Dance at 280 Broadway
Venue: Gibney Dance at 280 Broadway
Location: New York, NY

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Start your morning off right by taking class with Jenna Reigel, current dancer with Bill T. Jones/Arnie Zane Dance! Jenna will be teaching at Gibney Dance's 280 Broadway location MON, WED, & FRI from 10am - 12 pm May 28th, 30th, June 2nd, 4th, and 6th. Single classes are \$17.

As class begins, a soft internal focus is emphasized as students warm, align and prepare their bodies through simple Limon-inspired floor work and Pilates-based core work. Students are encouraged to tune into their instruments and evaluate their current bodily state. As class progresses to standing center work and traveling phrases, attention is shifted outward to learning movement material from an external source and interacting and being inspired by the fellow artists in the classroom. Musical phrasing, details of body part initiations, tonal quality and dynamics are expected to be replicated as precisely as possible as a way of practicing seeing and experiencing the teacher's body habits, rhythms and choices. The class is divided into groups so that students can witness and learn from each other's habits and choices. Then, in a culminating center phrase, individual expression and freedom is cultivated through repetition of material and guided exercises in shifting attention and awareness to different aspects of dancing... i.e. musicality, the use of space, focus and dancing together with others. Movement material is derived from and explores the dichotomies of being centered verses off-centered, still verses momentum driven, upright verses inverted, released verses explosive and shape verses sensory-oriented.

Gibney Dance at 280 Broadway
280 Broadway Entrance 53 Chambers
New York, NY, 10007

Schedule
May 20, 2014: 8:00pm

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