

Saturday, December 22, 2018 - Saturday, January 5, 2019

Limon Beginners Class

Company: Limon Dance Company
Venue: The Ailey Extension
Location: New York, NY

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Beginners Limón at the Ailey Extension
Led by Becky Brown, Saturdays 2:30-4:00
Classes continue throughout the holidays!

Class description:

Limón technique is relatable - it emphasizes the natural human experiences of breath and gravity. In class we explore the interplay between weight and weightlessness and the rhythms of fall and recovery. As a Beginner level, we take the time to repeat movement phrases and generally work with similar class material for 4 weeks. Limon is an organic approach to movement that easily adapts to other dance styles - all are welcome!

Limon Dance Company
405 West 55th Street
New York, NY, 10019
http://limon.org/training/open_classes/

Schedule
December 22, 2018: 2:30pm
December 29, 2018: 2:30pm
January 5, 2019: 2:30pm

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