

December, 23-30, 2018

## Limon Beginners Class

Company: Limon Dance Company  
Venue: Peridance Capezio Center  
Location: New York, NY

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Join Melissa Brading at Peridance for Beginners Limón every Sunday 11:30-1:00  
Classes continue throughout the holidays!

### Class Description:

*The Limón technique is based upon the movement style and philosophy of theater developed by modern dance pioneers, Doris Humphrey and Charles Weidman. We will use Limón principles to find freedom in our joints, connection to the earth, suspension in the body, and texture in movement.*

*As a beginner level class, we will take time to repeat movement phrases and leave room for questions and exploration. We generally work with similar class material for 4 weeks, so students have time to grow into the material presented. This is a great supplement to other dance styles- all are welcome!*

Limon Dance Company  
126 E.13th Street  
New York, NY, 10003  
[http://limon.org/training/open\\_classes/](http://limon.org/training/open_classes/)

Schedule  
December 23, 2018: 11:30am  
December 30, 2018: 11:30am

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