January, 4-8, 2016

MELT: Choreography For Warming-up to Dance with Irene Dowd

Company: Movement Research
Venue: Abrons Art Center Studio G05
Location: New York, NY

Irene Dowd
January 4-8
Mon Tue Wed Thu Fri
1-3pm $120
Abrons Art Center Studio G05

MELT: Choreography For Warming-up to Dance
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.

Register here: http://www.movementresearch.org/classesworkshops/melt/

Movement Research
466 Grand St
New York, NY, 10002
$120

Schedule
January 4, 2016: 1:00pm
January 5, 2016: 1:00pm
January 6, 2016: 1:00pm
January 7, 2016: 1:00pm
January 8, 2016: 1:00pm