

July, 11-15, 2016

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

Company: Movement Research

Venue: Gibney Dance

Location: New York, NY

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photo by Matt Karas

Matt Karas

Irene Dowd

July 11-15

Mon Tue Wed Thu Fri

9:45-11:45 am \$125

Gibney Dance Agnes Varis Performing Arts Center at 280 Broadway

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 the chest and shoulders.

[Register here.](#)

Movement Research  
280 Broadway  
New York, NY, 10007  
\$125

### Schedule

July 11, 2016: 9:45am  
July 12, 2016: 9:45am  
July 13, 2016: 9:45am  
July 14, 2016: 9:45am  
July 15, 2016: 9:45am

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