

January, 2-5, 2018

## MELT—Choreography for Warming-up to Dance

Company: Movement Research

Venue: Studio G05 at Abrons Arts Center

Location: New York, NY

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January 2 – January 5, 2018

TUE WED THU FRI 1:00pm – 3:30pm

Studio G05 at Abrons Arts Center

\$125

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.

[Irene Dowd](#) is on the dance faculty of the Juilliard School. She received the 2014 Balasaraswati/Joy Ann Dewey Beinecke Chair for Distinguished teaching at ADF, and the 2015 Juilliard School John Erskine Faculty Prize. Author of *Taking Root to Fly*, she has maintained a private practice in kinesthetic anatomy and neuromuscular re-education for over 45 years in NYC. Irene has choreographed for Peggy Baker, Margie Gillis and other solo dancers. Her work has been taught in schools and dance companies across the US and Canada. Most recently, she completed a digital archive of choreographic training materials viewable at: [iredowdchoreographies.com](http://iredowdchoreographies.com).

Movement Research  
466 Grand St New York  
New York, NY, 10002  
<https://movementresearch.org/event/7120>

Schedule  
January 2, 2018: 1:00pm  
January 3, 2018: 1:00pm  
January 4, 2018: 1:00pm  
January 5, 2018: 1:00pm

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