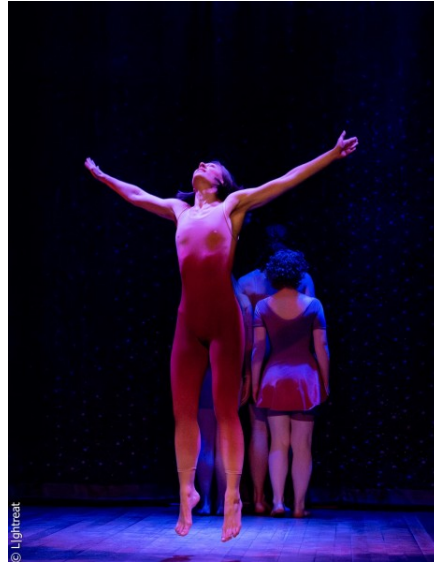


October, 27-30, 2025

## Method Dancing - The Sokolow Approach

Company: New York Public Library for the Performing Arts  
Venue: Library for the Performing Arts  
Location: New York, NY

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Sokolow Theatre/Dance Ensemble, photo by Lighttreat.

Anna Sokolow was a dancer, choreographer, and teacher of dance/theater whose impact on the world of performing arts spans decades and disciplines. In this series of classes, Samantha Geracht and Lauren Naslund, the Artistic Directors of the Sokolow Theatre/Dance Ensemble teach the basics of Sokolow's technique.

Each class progresses in a standard modern dance format, from the floor, to standing, to flying through space. However, keeping true to Sokolow's "method dancing," the emphasis is on intention, motivation, and dancing honestly. The class culminates with material from two of Anna's most dramatic dances, "Rooms" and "Steps of Silence."

These classes will be on a first come, first served basis. No registration is required. Anyone can attend - no dance experience necessary. While it will certainly deepen attendees' understanding of Sokolow's methodology to attend all classes, it isn't necessary. Wear clothes that are comfortable and easy to move in, and bring water.

Classes are from 11:00am-1:00pm in the Astor Gallery at the Library for the Performing Arts.

New York Public Library for the Performing Arts  
111 Amsterdam Avenue  
New York, NY, 10023

Schedule  
October 27, 2025: 11:00am  
October 28, 2025: 11:00am  
October 30, 2025: 11:00am

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