

October 15 - December 17, 2017

Modern Dance For The Mature Dancer

Company: Dances For A Variable Population

Venue: STEPS on Broadway

Location: New York, NY

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Instructed by DVP's artistic director, Naomi Goldberg Haas. Some dance experience required. Created for the dancer coming back to the studio. Enjoy moving with full expression and purpose, the class integrates the thinking body with the emotional body. Barre work moves to standing center opening the spine with a combination of contemporary and traditional dance techniques. Emphases is on correct alignment, articulation and connected movement, class also includes a floor work section informed by Pilates mat strengthening. Session is completed with adaptable large phrase movement across the floor.

Dances For A Variable Population

2121 Broadway

New York, NY, 10023

<https://www.stepsnyc.com/faculty/bio/Naomi-Goldberg-Haas/>

Schedule

October 15, 2017: 11:00am

October 22, 2017: 11:00am

October 29, 2017: 11:00am

November 5, 2017: 11:00am

November 12, 2017: 11:00am

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