

October 12 - November 16, 2017

Modern Dance For The Older Dancer

Company: Dances For A Variable Population
Venue: 92nd Street Y Harkness Dance Center
Location: New York, NY

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Taught by artistic director, Naomi Goldberg Haas: Created for the dancer coming back to the studio. Beginning with a standing warm-up opening the spine, expanding physical space, the class moves through a combination of contemporary and traditional dance techniques, yoga influenced and release based work. Focusing on correct alignment, articulation and connected movement, also includes a floor work section informed by Pilates strengthening. Concerned with moving from full expression and purpose, the work integrates the thinking body with the emotional body. Class is completed with adaptable large phrase movement across the floor.

Dances For A Variable Population
1395 Lexington Avenue
New York, NY, 10128
<https://www.92y.org/uptown/class/modern-dance-older-dancer>

Schedule
October 12, 2017: 12:30pm
October 19, 2017: 12:30pm
October 26, 2017: 12:30pm
November 2, 2017: 12:30pm
November 9, 2017: 12:30pm
November 16, 2017: 12:30pm

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