November 11 - December 30, 2018

Modern Dance for the Mature Dancer @ STEPS on Broadway

Company: Dances For A Variable Population
Venue: STEPS on Broadway
Location: New York, NY

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Taught by Naomi Goldberg Haas. All Adults Welcome.
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.

No Class on November 25.

Dances For A Variable Population
2121 Broadway
New York, NY, 10023

Schedule
November 11, 2018: 11:00am
November 18, 2018: 11:00am
November 25, 2018: 11:00am
December 2, 2018: 11:00am
December 9, 2018: 11:00am
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