

April, 19-28, 2016

Morning Class with Anna Sperber

Company: Movement Research

Venue: Danspace Project

Location: New York, NY

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Photo by Ian Douglas

Morning Class with Anna Sperber

April 19 - April 28

TUE THU 10am-12pm \$14

Danspace Project, 131 E 10th st (entrance on 11th)

Class warm up will draw from a range of somatic practices to prepare our bodies and minds to dance with clarity, articulation, and expressivity. Using dynamic anatomical imagery to increase ease, efficiency, freedom, and power in movement. Inside of choreographed material we will focus on seeing and allowing ourselves to be seen; letting the internal logic of the body come to the forefront; dancing for and with each other as a method towards the development of an intimate understanding of our individual physicality. Emphasis will be placed on directing our attention and intention towards creating an optimal space for cultivating awareness, and access to choices and imagination in our dancing.

Anna Sperber is a performer, choreographer and teacher whose work has been presented by The Kitchen, Baryshnikov Arts Center, The Chocolate Factory Theater, Dance Theater Workshop, Gibney Dance, American Dance Festival (ADF) among other venues. Anna has an been an Artist in Residence at BAX, Gibney Dance Center (DiP), LMCC Process Space, Movement Research, and Sugar Salon at Barnard College. As a performer she has worked with Luciana Achugar and Juliette Mapp. She co-founded classclassclass, and has taught at MR, DNA, Gibney Dance, ADF, and George Washington University.

Photo by Ian Douglas

Movement Research
131 E 10th st (enter on 11th st)
New York, NY, 10003
\$14

Schedule
March 15, 2016: 8:00pm

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