

October 31 - November 2, 2022

## Nai-Ni Chen The Bridge Dance Classes Now In-Person and Virtual

Company: Nai-Ni Chen Dance Company  
 Venue: Joffrey Ballet School / Virtual  
 Location: Long Island City, NY

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# KINETIC SPIRAL



Nai-Ni Chen Dance Company Announces The Bridge Virtual Dance Institute of boundary-breaking dance experiences Free One-Hour Company Classes on Zoom and In Person Open to All Dancers at an Intermediate to Advanced Level - October 31, 2022 Hybrid; Live, In-Person on November 2, 2022. <https://www.nainichen.org/thebridge>

The Bridge is going Hybrid-Live: On Wednesday, Nov 2, 2022, the Bridge will offer Kinetic Spiral class with Greta Campo in-person at the Joffrey Ballet Studios in Queens. The class is aimed at professional dancers and interested dancers can register for the live, in-person experience at

[https://docs.google.com/forms/d/e/1FAIpQLSffEVPZ3MthIbn2MvXMBQOCFYWqAVP8JBXQmdydwsTt5ZzJgw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSffEVPZ3MthIbn2MvXMBQOCFYWqAVP8JBXQmdydwsTt5ZzJgw/viewform?usp=sf_link).

Dancers interested in attending the virtual session can join the class by registering at

<https://docs.google.com/forms/d/e/1FAIpQLSfa6k8oMdzpbVufBQzqzILJh2iyokIA88JJcg3j5xJQGB7Z2g/viewform>.

The Bridge Class schedule:

Monday, October 31, 2022 | Andy Chiang (Tai Chi and Qi Gong) at 10am

Embrace the Yin and Yang through Tai Chi, a gentle exercise that helps you to move with focus and purpose. We will begin the class with a Qi Gong exercise called the 8 Section Brocade which is one of the most ancient forms of Qi Gong known in China. After the 8 Section Brocade we will do the simplified 8 movement Tai Chi. No experience needed.

Wednesday, November 2, 2022 | Greta Campo (Kinetic Spiral) at 10am

In person at Joffrey Ballet School LLC, 47-10 Austell Pl, Studio A, NYC

Tapping into the creative energy of the universe through Kinetic Spiral, Nai-Ni Chen's signature technique is based on the principle of ever-changing universal forces of Yin and Yang to cultivate the dancer's vital energy Chi (Qi) allowing the dancer to achieve higher performance with less effort. By focusing on breathing and images, Kinetic Spiral also balances the spiritual, mental and physical energy of the dancer. The Kinetic Spiral Technique forms the foundation of Nai-Ni Chen's style of cross-cultural movement and embodies her efforts to work in the intersection of culture and race, advocating for equity with grace and power.

In the midst of the COVID-19 crisis, the Nai-Ni Chen Dance Company established a new dance institute through Zoom, The Bridge. Now, classes are also being offered in person. The Institute's aim is to bring together dancers, choreographers and directors around the world to experience the master teachers of color whose practices are embedded in the community and are focused on advancing the art of dance that transforms the personal, environmental and metaphysical spaces.

As a dance institute, The Bridge will invite world renowned as well as up and coming dancers and choreographers to come to guest teach the

class. Advanced/Intermediate level professional or pre-professional dancers who are looking to explore beyond their own boundaries and looking for new dance experiences are encouraged to participate. The core program is based on Nai-Ni Chen's Kinetic Spiral, which is a cross-cultural dance vocabulary that integrates the Chinese martial arts philosophy in TaiChi with contemporary dance practices she studied in America. Guest artists will cover a wide range of folk and classical dance styles.

In this trying time of change and uncertainty, the arts are a source of healing and unity, we would like to encourage everyone to support dance as dance is an essential medicine for the society to recover from the pandemic that has caused injury to our bodies and our hearts. Support for The Bridge can be sent through [nainichen.org/donate](http://nainichen.org/donate).

#### About the Artists:

Andy Chiang has been a lifelong practitioner of martial arts. He earned a black belt in Karate when he was 18, then joined the Taiwan-based Wu Tang organization to study Shaolin and Tai Chi. He is Nai-Ni Chen's partner and the Executive Director of the Nai-Ni Chen Dance Company.

Greta Campo is the Artistic Director of the Nai-Ni Chen Dance Company. She began her dance training in her native Milan at the Carcano Theater, where she was first introduced to Martha Graham's work. She performed with the Martha Graham Dance Company in their 2012 New York Season and later on their international tour. Greta is a recipient of the 2016 Rising Star Award from the Fini Dance Festival.

#### About Nai-Ni Chen Dance Company:

"Chen's phrases, part exoskeletal rigidity, part boneless grace, embodied an epic dignity."

- Village Voice

Choreographer/Dancer, Nai-Ni Chen, was a unique artist whose work crosses cultural boundaries. Each of her dances reflect her personal vision as an immigrant and an American female artist with deep roots in the Asian culture. From this very personal perspective, she created new works that reflect current issues with global influences. Some of her works were developed in collaboration with renowned artists such as the Ahn Trio, Glen Velez, Joan La Barbara, and the members of the New Asia Chamber Music Society. Bridging the grace of Asian elegance and American dynamism, the Nai-Ni Chen Dance Company is a premier provider of innovative cultural experiences that reflect the inspiring hope and energy of the immigrant's journey. The company's ground-breaking works have focused on themes from ancient legends that reflect issues of the present time to purely abstract, contemporary dances influenced by a mix of cultures Nai-Ni Chen experienced in New York. An Asian American company that celebrates cross-cultural experience, the Company's productions naturally bring forth issues of identity, authenticity, and equality. The Company has presented at some of the most prestigious concert halls such as the Joyce Theater, Lincoln Center in New York, and the Tampa Bay Performing Arts Center in Florida. The Company appears annually at the New Jersey Performing Arts Center, Queens College, the College of Staten Island and on Ellis Island. Internationally, the Company has presented at international festivals including Open Look Festival in Russia, the Silesian International Contemporary Dance Festival, the Konfrontations International Festival in Poland, the Chang Mu International Dance Festival in Korea, the Meet in Beijing International Arts Festival in China, and the Tamaulipas International Arts Festival in Mexico. The Nai-Ni Chen Dance Company has received more than 20 awards from the National Endowment for the Arts and numerous Citations of Excellence and grants from the New Jersey State Council on the Arts. Advancing Dance Education, the Nai-Ni Chen Dance Company is currently in residence in New Jersey City University pioneering a program with the University's A Harry Moore Laboratory School teaching dance to urban children with disabilities. For additional Company information, visit their website, [www.nainichen.org](http://www.nainichen.org); write to Nai-Ni Chen Dance Company, P.O. Box 1121, Fort Lee, NJ 07024; or call (800) 650- 0246. Programs of the Nai-Ni Chen Dance Company are made possible by the generous support of our Board members, the National Endowment for the Arts, the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment for the Arts, The Mid-Atlantic Arts Foundation (MAAF), the New Jersey Cultural Trust, the New York State Council on the Arts with the support of Governor Kathy Hochul and the New York State Legislature, The New Jersey Arts and Culture Recovery Fund administered by the Princeton Area Community Foundation, the Geraldine R. Dodge Foundation, the Hyde and Watson Foundation, E.J. Grassman Trust, The Horizon Foundation for New Jersey, New Music USA, the Blanche & Irving Laurie Foundation, Dance/NYC Dance Advancement Fund, the Rapid Response Program of American Dance Abroad, the Association of Performing Arts Presenters' Cultural Exchange Fund, supported by the Andrew W. Mellon Foundation, PSEG, Proskauer, WAC Lighting, and the Glow Foundation and the Dragon and Phoenix Foundation.

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Nai-Ni Chen Dance Company  
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<https://www.nainichen.org/>

Schedule  
October 31, 2022: 10:00am  
November 2, 2022: 10:00am

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