

OUR NEW YORK CITY DANCE

October 4 - November 29, 2016

Neuromuscular Preparation for Dance

Company: Movement Research Venue: Gibney Dance Location: New York City, NY ► Share | Print | Download

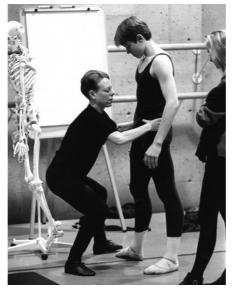


Photo courtesy of Canada's National Ballet School

Neuromuscular Preparation for Dance

with Irene Dowd

October 4 – November 29

TUE 3-4:45pm

MR@Eden's Expressway

\$14

Irene will teach new and previously choreographed material created to serve as efficient warm-ups for dance, targeted musculoskeletal conditioning programs, neuromuscular fine-tuning, and mental preparation for performance.

Irene Dowd is currently on dance faculty of the Juilliard School and Hollins University MFA program in dance, and is author of Taking Root to Fly. Irene has maintained a professional practice in choreography, kinesthetic anatomy and neuromuscular re-education since 1969.

Movement Research 280 Broadway New York City, NY, 10007 https://movementresearch.org/event/3471 Schedule September 19, 2016: 8:00pm

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