

Saturday, May 18, 2024

Saturday Series: Self-Release Techniques

Company: Harkness Center for Dance Injuries

Venue: Harkness Center for Dance Injuries

Location: New York, NY

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Harkness Center is pleased to announce its Harkness Center Saturday Series! These in-person workshops will be led by our clinical staff and feature various topics on dancer wellness and injury prevention. Unless otherwise noted, they will take place at our physical therapy clinic (614 2nd Ave., 2G, NY, NY 10016). All members of the dance community are welcome (dancers under age 16 are strongly encouraged to come with a parent/guardian*).

Our May 2024 workshop will be Self-Release Techniques.

Learn techniques for releasing soft tissue using foam rollers, massage balls, and other tools. We will look at anatomical images corresponding to the tissues we address and cover healthy post-release stretching. Participants strongly encouraged to bring a foam roller, massage ball, or other self-massage tool.

Time: 2:00 - 3:30 PM.

Harkness Center for Dance Injuries

614 2nd Ave 2G

New York, NY, 10016

2125986054

<https://www.eventbrite.com/e/harkness-center-saturday-series-self-release-techniques-tickets-864627302537?aff=ebdssbdestsearch>

Schedule

May 18, 2024: 2:00pm

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