

Thursday, April 1, 2021

Science of Stretching

Company: NYU Langone's Harkness Center for Dance Injuries
 Venue: Virtual / Harkness Center for Dance Injuries
 Location: New York, NY

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Harkness Center for Dance Injuries is excited to partner with Gibney once again this spring to provide a series of virtual workshops open to the public.

Join us Thursday, April 1 at 1:00 PM EST for the fifth in the series, "Science of Stretching," with Alison Deleget, MS, ATC.

In this stretching lab designed around evidenced-based principles, we will prepare our bodies with a cardio warm-up, and then perform a series of stretches while discussing the purpose and benefit of each. We will debunk common myths about stretching and provide strategies that each participant can tailor to their body and dance practice.

Register here:

<https://gibneydance.org/class-schedule/>

Join us for additional workshops on April 15 and May 6.

Sign up for Harkness Center e-news: <https://us7.list-manage.com/subscribe?u=a2d63cfc8309350d1ea6d5411&id=0036d73f8e>

NYU Langone's Harkness Center for Dance Injuries
 614 2nd Ave., 2G
 New York, NY, 10016
<https://gibneydance.org/class-schedule/>

Schedule
 April 1, 2021: 1:00pm

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