

December, 7-28, 2013

Slow Int Ballet with Matthew Brookoff

Company: NYC Dance Week
Venue: Roy Arias / 777 Studios
Location: New York, NY

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My goal is to always offer a carefully constructed class which focuses on directing the body's weight and energy through a well aligned skeleton in order to build a fluid technique for each dancer; a technique that enables movement which is both strong and yet easy, supported and supple.

NYC Dance Week
777 8th Avenue
New York, NY, 10036
<http://nycdanceweek.org/weekly-classes>

Schedule
December 7, 2013: 1:00pm
December 10, 2013: 6:30pm
December 14, 2013: 1:00pm
December 17, 2013: 6:30pm
December 21, 2013: 1:00pm
December 28, 2013: 1:00pm

[< back](#)

[previous listing](#) • [next listing](#)