

May 29 - June 15, 2018

## Summer Humphrey-Limon workshop Jones/Ludin

Company: Sokolow Theatre/Dance Ensemble  
Venue: BALLET HISPANICO  
Location: New York, NY

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Sokolow Ensemble

Betty Jones & Fritz Ludin 3-week Humphrey/Limón workshop  
MAY 29-JUNE 15 2018

The current of life energy that runs through the body and gives dance its ultimate beauty and vitality will be an important topic of the Workshop.

Based on the dynamic heritage of the Humphrey/Limón tradition, internationally renowned master teachers Betty Jones and Fritz Ludin transmit their own individual ways of dance. Gaining a philosophical and physical understanding of Doris Humphrey and José Limón's humanistic work; with Doris's emphasis on fall and recovery, her dichotomous use of dynamics in upper and lower extremities that brought drama and beauty to her dance, as well as Mr. Limón's "voices of the body."

José embodied and understood this principal fully, making his dancing majestic and fulfilling – he was in full concert not just with the earth, but placed himself center stage in the universe. You'll be discovering layers upon layers of complexities.

Having taught legions of dancers with ethnic and cultural diversities around the globe, Betty & Fritz's curiosity inspires participants to search for their own individual roots. They conceive dance as poetry and an art form with Dionysian and Apollonian counterparts, where the sensation of weight versus suspension is being highlighted. Their mentor's voices (of the body), the experience of gravitational momentum, and breaching of barriers, will be an integral part of the workshop.

It is this ongoing vitality that keeps the Humphrey/Limón heritage in high esteem, and keeps attracting students and dancers for life globally.

When:

May 29-June 15, 2018, Mon-Fri, 10-12 pm  
(14 classes, starts on a Tuesday)

Where:

BALLET HISPANICO  
167 West 89th Street, STUDIO 8  
(between Amsterdam-Columbus)  
New York, NY 10024  
Map

Early Bird Fees (valid through March 30th)

Click [here](#) to learn about fees, discounts and form of payments

Sokolow Theatre/Dance Ensemble  
167 West 89th Street, STUDIO 8 (between Amsterdam-Columbus)  
New York, NY, 10024  
<https://sokolowtheatredance.org/betty-jones-fritz-ludin-3-week-humphreylimon-workshop/>

Schedule

May 29, 2018: 10:00am  
May 30, 2018: 10:00am  
May 31, 2018: 10:00pm  
June 1, 2018: 10:00am  
June 4, 2018: 10:00am

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