

December, 6-9, 2021

The Bridge: Week of 12/06/21 @ 10AM EST

Company: NAI-NI CHEN DANCE COMPANY
Venue: Online
Location: Worldwide (EST/ NYC time zone), NJ

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Guest Teacher Juana Cala

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Juana Cala
Flamenco: Rhythm & Movement

****THE BRIDGE**

****Nai-Ni Chen Virtual Dance Institute**

of boundary-breaking dance experiences from leading dance makers and teachers from diverse communities

****Monday, Dec. 6, 2021 10AM**

Flamenco: Rhythm and Movement

Juana Cala

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The class will begin with several brief facts about the origin of Flamenco and then proceed to: Flamenco posture, Warmup; Flamenco arm work (Braceo); Flamenco footwork (Taconeo); and Flamenco rhythm (compas), culminating in a choreographic sequence. Juana Cala, flamenco dancer and choreographer, has been performing and teaching Flamenco in the United States and Europe for more than 20 years. She performed as a soloist in the María Benítez Dance Company under the direction of Mario Maya, and then went on to form her own company, "Ensemble Flamenco Juana Cala," touring some of Europe's most prestigious theatres for 16 years, with much critical acclaim. In 1999, Juana was a professor of Flamenco in a Professional Arts Program for the European Union. She has since been a teaching artist for Flamenco Vivo for 10 years in NYC.

****Tuesday, Dec. 7, 2021 10 AM**

Folk Dance from India

Jainil Mehta

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Bringing you one of the vibrant folk dances of India, company member Jainil Mehta will be teaching this Indian form called "Garba" from the state of Gujarat in India. It is a high-energy folk form typically danced in circles around the subjects of the nine goddesses. Garba includes a lot of clap-snap combinations, twirling in circles, bouncing & heavy rhythmic footwork. Originally from Mumbai, India, Jainil Mehta trained at Shiamak Davar International in Mumbai, India for thirteen years. Later, Jainil graduated Summa Cum Laude and received his Bachelor of Fine Arts in Dance from the USC Gloria Kaufman School of Dance with a Discovery Scholars Distinction, and has acquired a variety of skills including motion picture cinematography in Los Angeles. He has performed works by esteemed choreographers: William Forsythe, Jiří Kylián, Jodie Gates, Barak Marshall, Alejandro Cerrudo, Dwight Rhoden, and Matthew Neenan.

****Wednesday, December 8, 2021 10AM**

GyroKinesis

Rio Kikuchi

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GyroKinesis is a slow, fluid, exercise practice based on the natural elements of spinal movement. By gently working the joints and muscles through rhythmic and undulating movements--coupled with calming breathing patterns--the exercises stimulate the body's internal organs while corresponding breathing patterns stimulate the nervous system, open up energy pathways, and oxygenate the blood. Born in Tokyo, Japan, Rio Kikuchi began ballet training at Studio Benus in Japan, and later she was introduced to Tap and Jazz. In 2017, Rio moved to New York and was offered a scholarship to study at The School of Alvin Ailey American Dance Theater. In addition, she received a scholarship to the Alonzo King Lines Ballet Summer Program in 2019. A member of the Nai-Ni Chen Dance Company, Rio is also a certified GyroKinesis

instructor.

****Thursday, December 9, 2021 10AM**

Kinetic Spiral

Greta Campo

Tapping into the creative energy of the universe through Kinetic Spiral. Dance phrases from Nai-Ni Chen's repertory will be taught by Greta Campo, the Associate Artistic Director of the Nai-Ni Chen Dance Company. She began her dance training in her native Milan at the Carcano Theater, where she was first introduced to Martha Graham's work. They also performed with the Martha Graham Dance Company in their 2012 New York Season and later on their international tour.

Please register ONLINE for FREE for the class links >>>

https://docs.google.com/forms/d/e/1FAIpQLSeYME268V3ig68MEhPclpkP2_-a3VKKY03s7DsJgDOJOJbzng/viewform?fbclid=IwAR2MbWsNjOGZzx_bjli82NB_ELOm5RLrGrGPbpfNiaoH3jliolGdPDeWL9s

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NAI-NI CHEN DANCE COMPANY

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Schedule

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December 7, 2021: 10:00am

December 8, 2021: 10:00am

December 9, 2021: 10:00am

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