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March 11 - May 6, 2019

The Mini Sessions at Peridance

Company: Peridance Capezio Center; The Mini Sessions
Venue: Peridance Capezio Center
Location: New York, NY

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The Mini Sessions is a weekly class geared towards the professional dance community. Through this initiative, Peridance will offer a discounted class rate of \$15 for a two hour class. Esteemed faculty will rotate every few weeks and will be updated on our website.

This class is meant as a safe space to play with limits and make mistakes. In our work together we strive for full physical expression with a focus on fluidity, musicality, and intellectual engagement. By using dynamic range, weight and focus we will find a way into the moving body. Class begins with a cardio and/or floor based warm-up coupled with exercises meant to get us moving in multiple directions, styles, and in and out of the floor with ease. Yoga-infused lengthening to find our alignment and breath are built into this progression to bolster an efficient, safe and anatomically focused practice. We conclude with a cumulative combination that incorporates skills practiced in class and draws from a cultural palette including post-modern release, hip hop, and capoeira among other forms. Striving for a balance between a rigorous technical/physical practice and emotional/ intellectual investment in movement material aids in cultivating our inner performer and full-bodied self.

Peridance Capezio Center; The Mini Sessions
126 East 13th Street
New York, NY, 10003
212-505-0886
<http://www.peridance.com/theminisessions.cfm>

Schedule
March 11, 2019: 10:00am
March 18, 2019: 10:00am
March 25, 2019: 10:00am
April 1, 2019: 10:00am
April 8, 2019: 10:00am
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[< back](#)

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