

August, 3-7, 2015

Tools to Retrain Muscle Memory in 1 week not 3 Months!

Company: EN POINTE PLUS REFINING INSTITUTE
Venue: Gus Solomon's Studio
Location: New York, NY

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Albert Yee

Tools to Retrain Muscle Memory Mastered in 1 week not 3 months!!

Coming to New York 8/3 - 8/7/2015

Objective: Rapidly improve Dance Technique

Who: The workshop is for Exceptional Dance Students with a minimum of 4 years of training.

Join a small group of exceptional dance students in a week long Dance Technique Accelerator?? Workshop utilizing computerized motion analysis (CMA).

Simply put, computerized motion analysis "slows down" any movement, allowing coaches and the students to more easily determine how effectively each student executes her/his technique. Sports scientists have routinely used this technology for decades on elite athletes such as those training at the US Olympic Training Center or those playing for professional sports teams. However, for dancers, it is rarely utilized. Port de bras, extensions, pirouettes and individual steps in petit allegro occur very quickly in dance. Imagine the minute details that can be corrected in one slow motion viewing- saving wear and tear on the physical body. Ineffective body movement patterns can rob dancers of peak efficiency, diminish power, contribute to earlier fatigue, or increase the risk of injury.

Location & Dates:

New York City - 08-03 to 08-07-2015 - Gus Solomons Studio

Please call 302.722.5538 to sign up NOW!

or email : thekareninaballerina@gmail.com

Spaces are Limited to 10 Students

www.kareninaballerina.com

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Schedule
August 3, 2015: 1:00pm

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