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September, 15-17, 2020

ndiLIVE! Free online dance breaks from National Dance Institute

Company: National Dance Institute

Venue: ONLINE - National Dance Institute

Location: New York, NY

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Join our FREE online dance classes on Tuesday and Thursday at 4 pm EDT! Check out the previous weeks' videos on NDI's Facebook, Instagram, and YouTube channel!

Here is the schedule for September 15 and September 17, 2020:

Chair Yoga Warm-Up with Kay Gayner (All ages)

4 pm EDT • Tuesday, September 15 on [Facebook](#), [Instagram](#), and [YouTube](#)

NDI Associate Artistic Director Kay Gayner leads an engaging 5 minute chair yoga warm-up that will energize, open the body, and promote focus. Seated in a chair, participants will stretch, reach, twist, and balance in a warm-up designed for all ages and abilities. NDI Musician Michal Gilad provides music for this warm-up. Grab a chair and let's get moving!

Creative Movement with Calia Marshall (All ages)

4 pm EDT • Thursday, September 17 on [Facebook](#), [Instagram](#), and [YouTube](#)

NDI Teaching Artist Calia Marshall leads a guided dance improvisation and creative movement exploration rooted in modern dance. No matter what space you are in, you will be able to generate your own original movement by playing with shapes, body parts, speeds, and levels. NDI Musician Ly Bedaña provides musical accompaniment throughout.

Closed captioning for ndiLIVE! is available on Facebook and YouTube.

Thank you to this week's video editor, Yakir Ben-Hur!

Tune in for updated class schedules on our website, nationaldance.org and on NDI's social media channels through [Instagram](#), [Facebook](#), and Twitter.

Come dance with us!

About NDI: National Dance Institute (NDI) is a non-profit arts education organization founded in 1976 by ballet star Jacques d'Amboise. Through school partnerships, after-school classes, public performances, and teaching artist trainings, NDI uses dance as a catalyst to engage children and motivate them toward excellence both in school and in life.

National Dance Institute
217 W. 147th Street
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2122260083

Schedule

September 15, 2020: 4:00pm

September 17, 2020: 4:00pm

[< back](#)

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