

April, 20-24, 2020

## ndiLIVE! Free online dance classes from National Dance Institute

Company: National Dance Institute  
Venue: National Dance Institute Center for Learning & the Arts  
Location: New York, NY

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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.

[ndiLIVE!](#) is our platform of joyful and participatory FREE online classes.

### Schedule for April 20 - 24, 2020

NDI Dance! With Tracy Straus (All ages)

4 pm • Monday, April 20 on [Facebook](#) & [Instagram](#)

Join Tracy Straus, Founder and Artistic Director of NDI Associate, Celebrate the Beat, based in Colorado. Tracy will lead you through an exuberant and high energy dance class, that will leave you smiling from ear to ear. From the Rockies to New York, we are all dancing!

Appalachian Clog Dance Workshop (All ages)

4 pm • Tuesday, April 21 on [Facebook](#) & [Instagram](#)

NDI Teaching Artist Mary Kennedy will teach the fourth and final class of choreography from NDI's signature clog dance. She will introduce new choreography and build on the previous classes. Let's put the choreography all together for a final culmination!

Warm-Up Wednesdays! (All ages)

8 am • Wednesday, April 22 on [Facebook](#) & [Instagram](#)

Wake up with NDI Teaching Artist Jessi Colon for a rejuvenating morning warm-up. This 3 to 5 minute energetic boost is the perfect way to start your day with positivity.

NDI Dance! with Emily Meisner (All ages)

4 pm • Wednesday, April 22 on [Facebook](#) & [Instagram](#)

NDI Teaching Artist Emily Meisner will lead you through a full NDI class. Beginning with a traditional warm-up and moving into original choreography with tunes by NDI musicians, Emily's class brings NDI's award-winning dance education to your living room. (For all ages.)

NDI Arts Encounter with Jenn Eisenberg & Michelle Phillips (Pre-K – 2nd grade)

4 pm • Thursday, April 23 on [Facebook](#) & [Instagram](#)

Join us for a joyful, creative and energetic class, designed for K-2nd grade, and fun for the whole family. Dance to soulful hit music, as Jenn and team invent movement to awaken your bodies and brains, and get your hearts pumping.

NDI Jam Session (All Ages)

4 pm • Friday, April 24 on [Facebook](#) & [Instagram](#)

NDI Musician Ly Bedaña leads this week's NDI Jam! Ly will demonstrate the ins and outs of playing for a ballet class featuring some of the greatest classical composers.

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

