

July, 20-24, 2020

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

Company: National Dance Institute  
Venue: ONLINE - National Dance Institute  
Location: New York, NY

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ndiLIVE! continues all month! Join our FREE online dance classes this week! All videos will be available on NDI's Facebook, Instagram, and YouTube channel after the video has aired. <https://nationaldance.org/ndilive/>

Here is the schedule for July 20 through July 24, 2020:

NDI Dance! with Andrea Davey-Gislason and Calia Marshall (All ages)

4 pm EDT • Monday, July 20 on [Facebook](#), [Instagram](#), and [YouTube](#)

Come discover the young inventors of today and uncover your own inner dance inventor! Led by NDI Teaching Artists Calia Marshall and Andrea Davey-Gislason, you will learn an energetic dance and groove to original music by NDI Musician Todd Keller. This is the third class of a four part class series.

DREAM Project@Home (All ages and all abilities)

4 pm EDT • Tuesday, July 21 on [Facebook](#), [Instagram](#), and [YouTube](#)

To view with closed captioning, please watch on YouTube.

NDI's DREAM Project (Dancers Realize Excellence through Arts and Movement) continues its DREAM Project@Home series of 30 minute classes focusing on introducing the NDI style of dance class to children with a wide variety of abilities. In this class, Kay Gayner (NDI Associate Artistic Director), Agnes McConlogue Ferro (Board Certified Pediatric Physical Therapist) and children with and without disabilities from the NDI DREAM community provide strategies for adapting movement for different levels of abilities. Steps are broken down and choreography builds throughout the series culminating in a mini-performance. Musical accompaniment is provided by NDI Musicians Tony Allen, Yakir Ben-Hur, and Micha Gilad.

Join us and share this class with your community for a dance class experience that is one of a kind! Families and children of all ages and with a wide variety of abilities are encouraged to participate! Please note that for this week's DREAM video, we are re-airing week 3 of the series, featuring choreography to James Brown's "Superbad."

Warm-Up Wednesdays! (All ages)

8 am EDT • Wednesday, July 22 on [Facebook](#), [Instagram](#), and [YouTube](#)

NDI Teaching Artist Mary Kennedy leads a quick warm up to get our minds and bodies feeling good! Start your day with an energetic movement boost that combines isolations, gentle stretching, and rhythm. Joining Mary on piano is NDI Musician Micha Gilad.

NDI Dance! with Jessi Colón and Jennifer Aks-Neuman (All ages)

4 pm EDT • Wednesday, July 22 on [Facebook](#), [Instagram](#), and [YouTube](#)

NDI Teaching Artists Jessi Colón and Jennifer Aks-Neuman along with NDI Musician Tim Harrison are leading a joyful dance class series. This week's class will continue its curricular focus celebrating Aretha Franklin, the "Queen of Soul." Grab your sneakers and join us for 20 minutes of heart-pumping movement!

Body Percussion with Yakir Ben-Hur (All ages)

4 pm EDT • Thursday, July 23 on [Facebook](#), [Instagram](#), and [YouTube](#)

There is more in store this week! Join us for another joyful, hands-on exploration of rhythms from the Middle East. Use your body as a drum to create exciting rhythms and sounds. Find a comfortable seat and get ready to move and groove!

NDI Jams! with Leonardo Sandoval (All ages)

4 pm EDT • Friday, July 24 on [Facebook](#), [Instagram](#), and [YouTube](#)

This week on NDI Jams, NDI's Artist-in-Residence Leonardo Sandoval is back to introduce you to body percussion and teach a short rhythm combination. Leonardo is NDI's first Artist-in-Residence and has been working with NDI for 2019-2020. Join us for this fun percussive class!

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. <https://nationaldance.org/>

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Schedule  
July 20, 2020: 4:00pm  
July 21, 2020: 4:00pm  
July 22, 2020: 8:00am, 4:00pm  
July 23, 2020: 4:00pm  
July 24, 2020: 4:00pm

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