July, 27-31, 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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Through our ndiLIVE! platform of free online classes, NDI teaching artists are leading children in signature NDI choreography, a variety of high-energy dance classes for all ability levels. All videos will be available on NDI's Facebook, Instagram, and YouTube channel after the video has aired.

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

4 pm EDT • Monday, July 27 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 and NDI Associate Music Director Yakir Ben-Hur. In this class, Calia and Andrea will help you put all the choreography together!

DREAM Project@Home (All ages and all abilities)

4 pm EDT • Tuesday, July 28 on Facebook, Instagram, and YouTube
To view with closed captioning, please watch on YouTube.
Find your audience! DREAM Project@Home series continues! This class series focuses on introducing the NDI style of dance class to children with a wide variety of abilities. In this 35 minute class, Kay Gayner (NDI Associate Artistic Director), Agnes McConlogue Ferro (Board Certified Pediatric Physical Therapist), Elizabeth Sellner (NDI Teaching Artist), Michelle Phillips (NDI Teaching Artist), 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 4 of the series, featuring choreography to James Brown's "Superbad."

Warm-Up Wednesdays! (All ages)

8 am EDT • Wednesday, July 29 on Facebook, Instagram, and YouTube
Start your morning with an energetic warm-up with NDI Teaching Artist Dufftin Garcia! Join Dufftin for a joyful boost to your week that includes groovy music from NDI Musician Shahar Mintz.

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

4 pm EDT • Wednesday, July 29 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 fourth and final class of the series 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 30 on Facebook, Instagram, and YouTube
Join us for another joyful, hands-on exploration of rhythms from the Middle East with NDI Associate Music Director Yakir Ben-Hur. 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 Carlos Thomas (All ages)

4 pm EDT • Friday, July 31 on Facebook, Instagram, and YouTube
NDI Teaching Artist and longtime STOMP member, Carlos Thomas, will lead us in a rhythmic workshop guaranteed to get your groove on!

Carlos will show us how to transform household objects into rhythm instruments. Plus, as an extra special treat, Mr. Thomas will share an original piece of music composed specifically for NDI!

National Dance Institute
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Schedule
July 27, 2020: 4:00pm
July 28, 2020: 4:00pm
July 29, 2020: 8:00am, 4:00pm
July 30, 2020: 4:00pm
July 31, 2020: 4:00pm