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Monday, October 14, 2019

## Contemporary Workshop with Jamar Roberts

Company: The Ailey Extension

Venue: The Ailey Extension

Location: New York, NY

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This workshop class focuses primarily on opposition and resistance in movement, allowing the dancer to understand weight and gravity, and articulation in the use of the body. Each class begins with a warm-up based in Graham and Limon principles combined with Jamar's own unique movement style. Throughout the workshop the students are encouraged to connect movement to the breath and their own physical sensation, allowing them to engage with a more dynamic sense of musicality and a consistent flow of energy at all times. This workshop aims to promote a strong awareness of movement quality, and the synergy between technical movement, and individual expression.

The Ailey Extension  
405 W 55th St  
New York, NY, 10019  
2124059000  
<https://www.aileyextension.com/classes/contemporary-workshop-jamar-roberts>

Schedule  
October 14, 2019: 1:00pm

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### Contact

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