

Wednesday, June 29, 2011

## The Beta Sessions

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The lara wilson dance project presents: The Beta Sessions.  
Exploratory playtime for movement through guided improvisation exercises.

Join us at The Beta Sessions for time and space to work on finding new ways of moving, inspiration for choreography, or to simply discover more about your body.

The best part about Beta is the donation-based price tag. Contribute whatever you wish--funds go towards paying for space rental, and any extra proceeds support a dance company near you: lara wilson dance project.

Friday, July 8 | 6-8 PM  
Thursday, July 21 | 4-6 PM  
Saturday, July 30 | 12-2 PM

All sessions will be held at Manhattan Movement and Arts Center | 248 West 60th Street, New York, NY 10023  
Take the A, B, C, D, or 1 to Columbus Circle

*Feel like you have something to offer? Want to lead a Beta Session? Contact us! [thebetasessions@gmail.com](mailto:thebetasessions@gmail.com)*

[www.larawilsondance.com](http://www.larawilsondance.com)

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[< back](#)

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