

Monday, June 17, 2013

## Class with Lynn Simonson

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Lynn Simonson, founder of the Simonson Technique, is teaching a class while she is at DNA for the Simonson Method of Teacher Training Course.

June 26

Int/Adv Simonson Technique

2:00-4:00pm

Price: \$20

*Please note that class is limited to 40 students.*

Lynn Simonson created the Simonson Technique more than 35 years ago when she began teaching individuals with previous injuries and/or alignment problems. The development of the technique came through anatomically studying the limitations and possibilities of each student's body. In Simonson Technique, dancers work within their natural turnout line without forcing their range of joint motion or hyper-extending their knees. Lynn's goal was to create an intelligent and logical way to prepare the body for dance without injury.

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<http://dnadance.org/classes-rentals/simonson/>

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