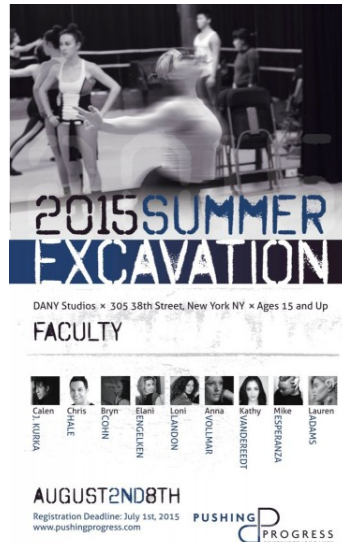


Wednesday, July 8, 2015

Pushing Progress Summer Excavation

Company: Pushing Progress Contemporary Dance

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The 2015 Summer Excavation is an accumulative approach to movement research and artistic expression. It is an opportunity for the pre-professional to professional level dancer to explore their creativity, cultivate new tools for structural and mental efficiency, and continue mastery of their most vital, expressive instrument: the human body.

The Summer Excavation is a week long event offering a unique perspective and expertise to dancers based upon Pushing Progress Contemporary Mechanics and Pushing Progress Methodology in training. Faculty provide an intelligent informed approach to instruction that encompasses a wealth of ideas and techniques. This delivers the ability for dancers to translate technical tools into an efficient understanding of their craft as a whole.

Alongside the daily classes, Pushing Progress offers a unique Mentorship program, where dancers work one on one with a faculty member over the course of the week to clarify their individual goals. Feedback for the week is focused on having dancers increase skills in areas that support their personal goals.

Other opportunities include:

- A night out in NYC for dinner and evening performance
- Possibility for Private and Semi-Private Instruction
- Audition for the Pushing Progress 2015/2017 Contemporary Training Program

Tuition: \$880

The Summer Intensive is limited to 40 students, ages 15 and up.

For any additional questions, please email info@pushingprogress.com. To register, click [here](#).

Pushing Progress Contemporary Dance
www.pushingprogress.com

For more information:
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