

Monday, December 21, 2015

Pushing Progress 2015 Winter Intensive

Company: Pushing Progress Contemporary Dance

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The 2015 Winter Intensive 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 Winter Intensive is a 3 day workshop 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.

Classes run 10:00 am - 7:00 pm daily over 3 days.

FOCUS:

Technique/Movement Invention/Artistic Language/Self-Assessment Personal Design

CLASSES INCLUDE:

Ballet, Contemporary Mechanics, Improvisation Systems, Movement Research, Structural Conditioning, Goals/Personal Design, Anatomy

FACULTY:

Calen J Kurka, Chris Hale, Elani Engelken, Bryn Cohn, Anna Vollmar, Mike Esperanza, Greg Dolbashian, Sidra Bell

When: December 28th - 30th, 2015

Where: DANY Studios, 305 West 38th Street between 8th and 9th Ave, New York, NY

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Pushing Progress Contemporary Dance
www.pushingprogress.com

For more information:
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[< back](#)

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