

Thursday, November 17, 2016

Pushing Progress 2016 Winter Intensive

Company: Pushing Progress Contemporary Dance

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Justin Chao

Pushing Progress Workshops and Intensives fully encompass the values and methodology of Pushing Progress education and training in contemporary dance. This allows a unique and cohesive approach to exploring the artist within, and mastering our most vital expressive instrument: the human body.

Pushing Progress brings together not only contemporary ideas in technical training and movement research, but also a combination of functional anatomy and the exploration of the structural workings of the mind. Pushing Progress workshops provide a disciplined and positive environment for all dedicated dancers to nurture their personal and professional growth.

Join us this Winter for an intensive workshop with renowned choreographers and mentors Calen J Kurka, Chris Hale, Mike Esperanza, Bryn Cohn, Sidra Bell, Anna Vollmar, and Greg Dolbashian.

When: December 28-30th, 2016

Where: Ballet Hispanico - 167 W 89th Street, New York, NY 10024

Time: 10:00am-7:00pm daily

For more information and to register, click [here](#)!

Pushing Progress Contemporary Dance
www.pushingprogress.com

For more information:
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