

Wednesday, April 5, 2017

Apply now for the 2017 PLUNGE: Performance-based Seminar Program for International F-1 Students

Company: Peridance Capezio Center
Location: NY

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Plunge2017

PLUNGE: Performance-based Seminar Program for International F-1 Students

PLUNGE is a weekly seminar course that uses Dance Theater principles to deliver material and performance strategies to enhance each individual dance artist's abilities.

- The first portion of class will focus on preparing the performing body through exercises focused on the musculoskeletal system, mind-body connection, and self-care.

By adopting yoga philosophies, the class draws in keen body awareness, flexibility, strength, power, and balance.

- The second portion of class will explore theatrical and movement strategies to build choreography that will be performed at the end of each 3-month seminar cycle. Some of the performance elements include:

- Theater improvisation to enhance emotional & mental awareness, while exploring character development & igniting the imagination
- Movement improvisation to enhance physical awareness, movement vocabulary, & personal artistry
- Contemporary dance Choreography
- Hyper-physical complex phrase-work
- Floor-work sequences
- Contemporary partnering

- Length of program: 6 months

Program start date: the first day of each month all year round

Seminar classes each week:

- 2 hours voice work
- 4 hours performance workshop classes

Plus your choice of 8 classes from the Peridance Open Class Schedule:

- Choose from different levels of ballet, modern, contemporary, heels, hip-hop, street styles, tap, Jazz/theater, Barre à Terre, Gyrokinesis, African based dance & Samurai Sword Fight!

- Informal studio performances at the end of every 3-month cycle

Tuition: \$3600 for the entire 6 months of study.

For more information, contact
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<https://www.peridance.com/plunge.cfm>

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