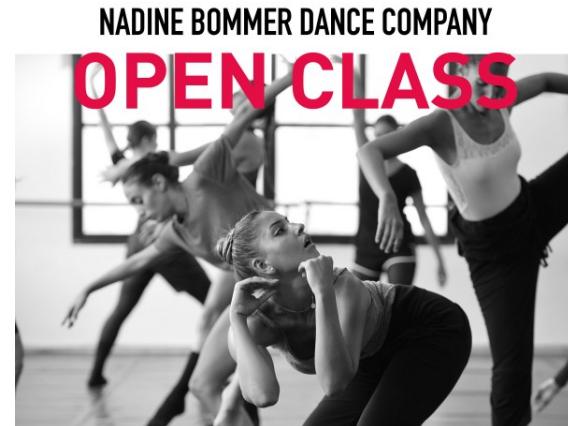


Sunday, May 13, 2018

OPEN CLASS with Nadine Bommer

Company: Nadine Bommer Dance Company
Location: New York, NY

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Thursday, May 31
10am-1pm - \$25 **Alpha Omega Studios**
70 E 4th Street, NY, NY

Join us on May 31st from 10am- 1pm for the unique opportunity to study with Nadine Bommer and her company in her innovative movement technique.

The Nadine Bommer Method is a two-part technique, inspired by the sea, offering dancers a step-by-step process to create a uniquely personal movement language. The process pairs the freedom of postmodernism and rigor of ballet for complete control of fluid, malleable and expansive movement. Engaging the artist's endless creativity, the method uses kinetic energy and internal listening to uncover the full expressive capabilities of the body. In Bommer's character work this liquidity is then used to develop a new, but equally expressive, physicality dependent upon the dancer's belief in their transformation to a new being.

Class begins with a continuous warm-up focused on releasing the mind and finding availability within the joints. As the session progresses, dancers will use this calm attentiveness to tap into their own energy and work kinetically with other dancers in the space. Letting the body lead, the mind-body connection grows throughout exercises pairing the imagination with the feeling each movement elicits. During this process dancers will investigate and release their own habits, finding newness and depth through honesty in the body.

Workshop Fee: \$25

Please email to reserve a spot as space is limited! Info@nadinebommerdance.com

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