

Monday, May 17, 2021

Open Level Contemporary Dance Classes

Company: Stephanie Peña
Location: NY, NY
Compensation: n/a

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Stephanie Peña is teaching weekly online contemporary dance classes.

Every Mondays

Open Level (Beginner Friendly)

6:30 PM (EST) \$15

via ZOOM

This Contemporary Dance class starts with a body scan meditation where you slowly give energy to each body part to warm it up. What does your body need at the moment? Continue with a given improvisation prompt to get the whole body moving in the space. You will be challenged with a series of exercises focusing on strength, alignment, balancing the body and stretches. This will lead to Peña's choreographic phrases that ranges from floor work, expressive and continuous movements.

Sign Up at <https://www.penastephanie.com/dance-classes>

Stephanie Peña
NY, NY
<https://www.penastephanie.com>

For more information:
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