

Wednesday, April 9, 2025

Book Launch, Reading & Performance: Teaching and Learning Dance Through Meaningful Gestures by Anabella Lenzu

Company: Anabella Lenzu
Location: NY
Compensation: Free

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Book Launch, Reading & Performance:
Teaching and Learning Dance Through Meaningful Gestures
by Anabella Lenzu

Saturday, May 10, 2025 at 4pm

at Community Arts Space at LA MAMA
74A East 4th Street
New York, NY 10003

Tickets:
FREE Admission

<https://www.lamama.org/teaching-and-learning-dance-through-meaningful-gestures/>

Anabella will be reading passages from her NEW book Teaching and Learning Dance Through Meaningful Gestures, show short dance videos from the ALDD repertory, and have a Q&A session.

Teaching and Learning Dance Through Meaningful Gestures is the fruition of Anabella's 35 years as a dance teacher, scholar, and pedagogue across 3 continents.

Teaching and Learning Dance Through Meaningful Gestures explores how technique is a philosophy and a theory, and how the body is an instrument for expression.

As a 200-page book containing 250 images and 50 illustrations, Teaching and Learning Dance Through Meaningful Gestures is exceptional in its scope and hopes to inspire and enlighten dancers, dance educators, and the arts community alike.

<https://www.anabellalenzu.com/meaningful-gestures>

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