

Wednesday, December 31, 1969 - Thursday, May 7, 2020

\$15 Umfundalai African Dance Open Classes

Company: Dance Theatre of Harlem

Venue: Dance Theatre of Harlem- Everett Center for the Performing Arts

Location: New York, NY

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Welcome to Umfundalai (ma-foon-da-la), a Kiswahili word meaning, "essential". This contemporary Pan-African dance technique draws from movements and traditions of the African Diaspora. The technique espouses a holistic view of the body and the arts including theater, drumming, song, masquerade and vocalization. The codified technique of Umfundalai stands on the shoulders of the Katherine Dunham and Pearl Primus techniques, it is great cardio and history all in one class! All levels welcome!

Instructor: Erin Bryce Holmes, M.S., LCAT, BC-DMT

Dance Theatre of Harlem

466 West 152nd Street

New York, NY, 10031

2126902800

<https://dancetheatreofharlem.networkforgood.com/events/15199-adult-open-classes-umfundalai-african-dance-with-erin-bryce-holmes>

Schedule

January 2, 2020: 7:30pm

January 9, 2020: 7:30pm

January 16, 2020: 7:30pm

January 30, 2020: 7:30pm

February 6, 2020: 7:30pm

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