

## FOR AUDIENCES

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October 10 - December 19, 2019

### 2nd Best Dance Company's MORNING CLASS

Company: Triskelion Arts  
Venue: Triskelion Arts  
Location: Greenpoint, NY

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2nd Best Dance Company's  
MORNING CLASS  
Thursdays  
10am -12pm  
\$12

2nd Best Dance Company's Class, taught by a rotation of director Hannah Garner and performers Will Noling, Courtney Barth, and Ryan Yamauchi, is an advanced contemporary technique class. This two hour shared practice will cycle through a grounded warmup intended to organize the body, conditioning to further investigate use of tone and economical energy, sequential and momentum based traveling material, and will culminate in a final phrase designed to continue our physical research of that day. Please join them in:

*Indulging in the support of the ground*  
*Twirling and whirling*  
*Falling and heaving*  
*Leaving our shit at the door OR carrying it in with us*  
*Yearning and reaching*  
*Singing at the top of our lungs (it can/should be bad)*  
*Rigorous physicality*  
*The search to know more*

Triskelion Arts  
106 Calyer St.  
Greenpoint, NY, 11222  
<http://www.triskelionarts.org/classes>

Schedule  
October 10, 2019: 10:00am  
October 17, 2019: 10:00am  
October 24, 2019: 10:00am  
October 31, 2019: 10:00am  
November 7, 2019: 10:00am  
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