

Friday, October 25, 2019

Adult Somatics Class with Maddie Warriner

Company: Dancewave
Venue: Dancewave
Location: Brooklyn, NY

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Adult Somatics Class with Maddie Warriner

Hit the reset button: Start the weekend off with restorative movement by dance practitioners who join their creative process with a range of somatic modalities. The perfect warm-up for our afternoon Master Classes if you're interested in both! In this class, we will focus on stability, alignment, and breath in order to feel strong, stable, and connected. Using this as our foundation, we will explore the vast range of motion in the body with efficiency and ease. Come ready to sweat, ready to feel, and ready to have fun!

Madeline is a movement artist and educator, currently performing with loveconductors and The Equus Projects; teaching with Dancewave, Dance Theater of Harlem and Bates Dance Festival's Youth Arts Program. She is the director of Pentangle Arts Creative Dance Program, and has designed and taught a 35- hour Kids Yoga Teacher Training. She teaches yoga, pilates, and strength training at Park Slope Yoga Center, Vera Yoga, Heatwise Yoga, and F45 Park Slope.

Cost: \$16

Time: 10:00-11:30am

Dancewave
182 4th Avenue
Brooklyn, NY, 11217
7185224696

Schedule
October 25, 2019: 10:00am

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