

October 11 - December 27, 2017

## Adv. Simonson Technique w/ Laurie De Vito

Company: Mark Morris Dance Center  
Venue: Mark Morris Dance Center  
Location: Brooklyn, NY

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Simonson Technique, created and developed by master teacher Lynn Simonson, is an organic approach to movement that prepares the body to dance in a way that is anatomically intelligent and somatically aware. The goals of Simonson Technique training are to eliminate the pre-disposition to injury from previous mis-alignment patterns, develop and support the body in a way that allows efficient and free movement, and, to experience the joy of dance with longevity and wellness. Hailed as an intelligent and logical method to prepare the body for dance, the Simonson Technique has received recognition throughout the world since 1970 and is taught by certified faculty in 20 countries worldwide. This technique comprises a complete dance technique which trains dancers, equally well, to work with jazz, modern and other dance vocabularies.

Wednesdays 12:00 - 2:00pm

Instructor:

[Laurie De Vito](#)

Mark Morris Dance Center  
3 Lafayette Avenue  
Brooklyn, NY, 11217  
718.624.8400  
[http://markmorrisdancegroup.org/dance-center/adult-classes/Modern-Dance/Simonson-Technique/Int.-Contemporary-Simonson?utm\\_source=dancenyc&utm\\_medium=website](http://markmorrisdancegroup.org/dance-center/adult-classes/Modern-Dance/Simonson-Technique/Int.-Contemporary-Simonson?utm_source=dancenyc&utm_medium=website)

Schedule  
October 11, 2017: 12:00pm  
October 18, 2017: 12:00pm  
October 25, 2017: 12:00pm  
November 1, 2017: 12:00pm  
November 8, 2017: 12:00pm  
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