

July, 15-18, 2024

## Anatomy in Action: Embodied Movement Experience

Company: Allegra Romita with Dance Italia  
Venue: Dance Italia  
Location: New York, NY

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Join Allegra Romita for this week-long workshop in Lucca, Italy!!!

Anatomy in Action: Embodied Movement Experience

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\*if you are interested, feel free to reach out to Allegra ([allegromita@gmail.com](mailto:allegromita@gmail.com)) and/or email [info@danceitalia.com](mailto:info@danceitalia.com)

This movement class is rooted in the somatic ideas of awareness, breath, embodied anatomy, and dynamic alignment. The class will begin with a Functional Awareness® experiential anatomy activity. We will then move to the floor with a Bartenieff Fundamentals-inspired movement experience. This is an opportunity for the mover to come into an awareness of their body without judgment in order to make purposeful movement choices. The movement vocabulary will grow to include yoga to provide a sufficient whole-body warm up. This floor work will build into more complex movement sequences that are a blend of BF, yoga, and multiple techniques of modern dance. The intention is to provide an opportunity for the mover to embody the anatomical concepts that are introduced at the start of class as well as take time to reset the body, invite resilience, and cool down at the end of the day.

175€ - week long workshop

5:30pm-8:30pm Anatomy in Action: Embodied Movement Experience workshop w/ Allegra Romita

575€ - week long workshop + yoga + HOUSING

9:00-9:55 Morning Yoga class + 5:30-8:30pm Anatomy in Action: Embodied Movement Experience workshop + 5 nights housing Villa Agnese, check in July 14-check out July 19.

<https://www.danceitalia.com/workshop-anatomy-in-action-embodied-movement-experience>

Allegra Romita with Dance Italia  
468 Riverside Dr  
New York, NY, 10027

Schedule  
July 15, 2024: 5:30pm  
July 16, 2024: 5:30pm  
July 17, 2024: 5:30pm  
July 18, 2024: 5:30pm

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