

Tuesday, February 2, 2016 - Tuesday, January 31, 2017

Approach to Dance

Company: Shen Tao Studio
Venue: Shen Tao Studio
Location: New York, NY

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Learn how the Shen Tao Approach can deepen your practice of classical and contemporary dance.

A two hour class organized around a specific technical or movement principle.

An emphasis is placed on opening blocked musculature, coordinating joint function, strengthening muscle tissue, and tractioning joints.

By deepening your experiential understanding of these principles, you will learn the art of applying them to the process of rehearsal and stage performance.

Shen Tao Studio
303 Park Ave S.
New York, NY, 10010
212-260-6816

Schedule
January 29, 2016: 8:00pm

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