January 23 - June 27, 2019

BARRE A TERRE (OPEN LEVEL)

Company: Anabella Lenzu/danceDrama
Venue: PERIDANCE
Location: New York, NY

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TODD CARROLL

BARRE A TERRE (OPEN LEVEL) with Anabella Lenzu

at Peridance Capezio Center (126 East 13th Street, between 3rd and 4th Ave)

TUESDAYS 7:30- 9pm
WEDNESDAYS 10:00-11:30am
THURSDAYS 7:30-9pm

Find your inner-strength; develop & improve alignment and technique; explore and learn how to efficiently use your body and your energy in a healthy way as instruments of your expression. Through this class, you can increase flexibility and strength, overcome physical difficulties and incorrect posture, and acquire physical awareness to help prevent injuries. Open to all levels of experience.

Anabella Lenzu/danceDrama
126 East 13th Street
New York, NY, 10003
http://www.AnabellaLenzu.om

Schedule
January 23, 2019: 10:00am
January 24, 2019: 7:30pm
January 29, 2019: 7:30pm
January 30, 2019: 10:00am
January 31, 2019: 7:30pm
more

< back

previous listing • next listing