

Thursday, September 1, 2016

Ballet Class with Dmitri Roudnev

Company: Roudnev Ballet

Venue: New York City Center/Studio 4

Location: New York, NY

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Roudnev's Private lessons offer dancers, (ages 10 thru Adults) an intense and thorough training accompanied by corrective advice and suggestions that can be applied to one's own independent training. Students will acquire new tools to supplement their own technique, increase their extension, and improve the overall quality of one's dance performance. D. Roudnev will help each student to build beautiful Epaulment and improve their upper body posture. He will demonstrate various ways to strengthen low back and abdomen, which in turn will allow students to develop high arabesque, front and side extensions.

Dmitri Roudnev has developed a unique approach based on the authentic form of the Russian Vaganova method. In his years of teaching experience, Rudnev's students have never suffered the injuries many dancers suffer today, such as low back, hip, ankle or foot injury. Many of his students have even enjoyed relief from their prior injuries while training with his method.

Roudnev Ballet
131 W 55th St
New York, NY, 10019
773-404-0417
<http://www.balletmethod.com>

Schedule
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