

January 15 - December 10, 2015

## Barre a Terre

Company: Anabella Lenzu/DanceDrama  
Venue: Peridance Capezio Center  
Location: NY

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Tddd Carroll

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  
NY  
<http://www.anabellalenzu.com/weekly-classes/>

Schedule  
January 28, 2015: 8:00pm

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