

January 24 - August 29, 2018

## Barre a Terre

Company: Anabella Lenzu  
Venue: Peridance Center  
Location: NY, 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)

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  
126 East 13th Street  
NY, NY, 10003  
<http://www.anabellalenzu.com/weekly-classes/>

Schedule  
January 24, 2018: 10:00am  
January 26, 2018: 10:00am  
January 30, 2018: 7:30pm  
January 31, 2018: 10:00am  
February 2, 2018: 10:00am  
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