

February 25 - December 29, 2016

Barre a Terre Classes

Company: Anabella Lenzu/DanceDrama
Venue: Peridance
Location: NYC, NY

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

Schedule
December 31, 1969: 7:00pm

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