

Thursday, April 21, 2022

## Beginner's Heel Technique

Company: Movement Coaching with Anna Cuffari  
Location: New York, NY

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David Tufino Photography

This course is designed for the novice heels dancer. Class will consist of a warm-up of core exercises, isolations, and stretches that will be done barefoot. We will focus on the lines of the body, foot placement, and fluidity through transitions. After the warm-up, we then put on our stilettos and DANCE!

To reserve your spot follow the directions below:

- 1.) Download the VERSD app on the AppStore
- 2.) Create an Explorer account
- 3.) Click the link [HERE](#) and book the session!

Class will be held at Ripley Grier Studios at 520 8th Avenue. Studio information sent via the VERSD chat feature once reservation is confirmed.

Movement Coaching with Anna Cuffari  
520 8th Avenue  
New York, NY, 10018  
4105993343  
<https://versd.page.link/hYe2P2N2A1QqYLZb7>

Schedule  
April 21, 2022: 7:30pm

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