

Saturday, December 21, 2019

Black Ballet Discovery Project Workshop

Company: New York Institute of Dance & Education
Venue: PMT House of Dance
Location: New York, NY

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Black Ballet Discovery Project Workshop!a??
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Join Karen Brown, Dance Theatre of Harlem Legendary Ballerina, and Sean McLeod, International Producer and Acclaimed Movement Developer, on December 21st for a 3 hour workshop filled with joy! a??

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11:30-1:00 Injury Prevention with Reinforced Motor Function for Ballet Application with Sean McLeod. It is an anatomy-centered technique that supports classical ballet through scientific construction, allowing dancers to improve with healthier bodies for longer careers in ballet or contemporary. McLeod Technique is emotion based and allows dancers at any age to achieve maximum flexibility, strength and alignment while arresting injury.a??

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1:00-2:30 Apply RMF in an insightful Intermediate/Advanced Ballet and Pointe class with legendary DTH ballerina Karen Brown! Karen was a principal dancer with DTH for 22 years and is a wonderful master teacher. This is an afternoon you won't want to miss! a??

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Holiday Special: Reduced to \$75/per person!a??

Payment via Cash App or Paypal. a??

Registration Link: <https://forms.gle/uBdsyawxR1kjr3za6> a??

a??Sean McLeod is President of New York Institute of Dance & Education Inc. and Karen Brown is Founder of En Pointe Plus Dance Mastery Institute.

New York Institute of Dance & Education
28 W 25th St 2nd Floor
New York, NY, 10010
<http://https://forms.gle/uBdsyawxR1kjr3za6>

Schedule
December 21, 2019: 11:30am

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