

Thursday, March 3, 2016

Classes at 100 Grand

Company: Megan Bascom & Dancers

Venue: 100 Grand

Location: New York, NY

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Scott Shaw

MARCH - APRIL
Tues & Thurs 10:30-12:30

Starting Thursday, March 3rd - April 28th
At 100 Grand Studios - \$12 class!

It's been a while; here are my thoughts on class after a very unusual year of semi-dancing, but mostly observing, and wishing to be back in that sweet state of being.

Class is that precious time when you get to warm yourself all over, feel the sweat on your skin and the moisture inside your body, move that liquid all through space, splash around, and have a party! Some days are great and some days your body of water is in turmoil, but either way class is an open space to be, to share, to witness all while training - our bodies, our senses, and our minds.

We will begin with a progression of continuous and cumulative patterns focusing on our strength, alignment, rotations and depth of sensation. Time will be spent exploring how we relate to one another in movement, taking note of our own tendencies and habits through contact-based scores. We will indulge in intricate play between weight, momentum, torque and our own individual nuance in phrase work that is full and physical, involving propulsion, redirection and a curiosity of focus.

Megan Bascom & Dancers
100 Grand street
New York, NY, 10013
<http://us11.campaign-archive1.com/?u=e620a32cbe2b94c1f46012f54&id=27960a1e3a>

Schedule
March 3, 2016: 10:30am

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