

September 23 - October 31, 2016

Classic Modern Dance - Duncan Technique and Repertory - Int/Adv.

Company: Moving Visions Dance
Venue: Moving Visions Studio
Location: New York, NY

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Melanie Futorian

CLASSIC MODERN DANCE technique and repertory of Isadora Duncan, with master teacher Loretta Thomas, is designed for intermediate to advanced level dancers ages 16 to 25 (though all are welcome). This class, based on Duncan's original release technique, is infused with elements of ballet, Cunningham and Chinese movement forms to offer a balanced and healthy approach to dance training which: - Uses the breath to articulate the torso and open the heart chakra - Stabilizes alignment for greater freedom of movement - Improves strength and enhances expression in arms and legs through targeted use of gravity and resistance - Provides performance opportunities.

Classes are held at Moving Visions' peaceful loft studio in Tribeca, Mondays at 12 ongoing.
class. Join us!

\$15 per

Learn more at www.movingvisionsdance.com

FREE TRIAL CLASS

Monthly workshops with Dances by Isadora at Mark Morris Dance Center the second Saturday each month.

Loretta Thomas has been teaching and performing for over 30 years. She performed with Austin Civic Ballet, the Michael Sokoloff Dance Ensemble, Duncan work with Lori Belilove & Dancers and currently with Dances by Isadora. She also danced with Triad Dance Ensemble and Catherine Gallant/DANCES in addition to presenting her own work in the Northeast and Texas. Ms. Thomas studied under scholarship with Merce Cunningham, ballet with Maggie Black and Chinese movement forms with Grandmaster Yu Cheng Hsiang and with master Duncan teachers Julia Levien, Hortense Kulooris, Lori Belilove and Catherine Gallant. She has taught at Michael Sokoloff Studio, Houston High School for the Performing Arts, Isadora Duncan Foundation for Contemporary Dance, and at Vassar College. She is currently teaches at Mark Morris dance Center as well as her Moving Visions Studio. Moving Visions Dancers performed in Tribeca Film Festival, Taste of Dance, the Kids Café Showcase, Paul Taylor Youth Ensemble Showcase and with Dances by Isadora at the St Marks Church.

Moving Visions Dance
19 Murray St, 3rd Fl
New York, NY, 10007
212-608-7681
<http://movingvisionsdance.com>

Schedule
September 23, 2016: 8:00pm, 8:00pm
September 26, 2016: 12:00pm
October 3, 2016: 12:00pm
October 17, 2016: 12:00pm
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