

January, 3-7, 2011

Contemporary Movement/Improv with Bennyroyce Royon

Company: Peridance Capezio Center
Venue: Peridance Capezio Center
Location: New York, NY

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Jan 3, 2011 - Jan 7, 2011; Mon - Fri 10:00 AM - 11:30 AM The class begins with a center warm-up consisting of exercises that focus on breath, core strength, and total body awareness. It is then followed by movement phrases that explore the quality and direction of movement in space.

Peridance Capezio Center
126 East 13th St
New York, NY, 10003
212.505.0886
<http://www.peridance.com>

Schedule

January 3, 2011: 10:00am
January 4, 2011: 10:00am
January 5, 2011: 10:00am
January 6, 2011: 10:00am
January 7, 2011: 10:00am

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