

Saturday, May 10, 2025

Contemporary open class

Company: Michal Ben Lior
Venue: Gibney
Location: manhattan, NY

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pic by Yakir Meri Perez

Michal's Dance Class

****Warm-Up (45 minutes)****

The class begins with an extensive warm-up rooted in Ballet technique, focusing on both release and floor work. This segment is designed to foster a strong connection to the body, enhancing physical awareness and sensations. Through this initial phase, students will improve their technique and increase flexibility, setting a solid foundation for the rest of the class.

****Movement Combinations****

Following the warm-up, students will engage in various movement combinations that emphasize rhythm, musicality, and the emotional impact of movement. These combinations encourage dancers to explore different qualities of movement, integrating breath to enhance body awareness and expression.

****Integration of Storytelling****

Throughout the class, students will discover a diverse repertoire of movements that prioritize expansive motion and musical interpretation. By incorporating storytelling and emotional expression, dancers can connect deeply with their movements, allowing for a rich and dynamic experience in the dance space.

Michal Ben Lior
890 Broadway - 5th Floor 402
manhattan, NY, 10003
9294526247
<https://forms.gle/Z5LykK1LmsykXaeb7>

Schedule
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