

July, 23-27, 2018

## DANCE THEATER WORKSHOP in NYC

Company: Anabella Lenzu/DanceDrama  
Venue: Peridance  
Location: NY, NY

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Todd Carroll

DANCE THEATER WORKSHOP:  
Emotion creates Motion and Motion creates Emotion

FACULTY: ANABELLA LENZU

Jul 23 – Jul 27, 2018  
10:00 AM – 1:00 PM  
at Peridance Capezio Center (126 East 13th Street, between 3rd and 4th Ave, NYC)

Expand your craft, technique and creativity in an exclusive, personalized, tailored program. This is an opportunity for dancers, actors and performers to develop their potential on both movement and theater performance skills and connect both to become more authentic, expressive performers.

This Workshop explores the principle: Motion Creates Emotion /Emotion Creates Motion, and emphasizes the use of imagination, interpretation and body coordination and control.

### DANCE TECHNIQUE (Monday – Friday, 10:00- 11:30AM)

Students develop alignment technique and an understanding of the dynamic in dance. Increase flexibility and strength as well as to develop muscular awareness in order to prevent injuries. Using phrases of repertory, students solve technical problems, using fundamentals of ballet and modern dance techniques. Proper technique is the foundation for learning to dance and control the body, showing how to use one's muscles, achieve balance, and become aware of posture and placement.

### REPERTORY (Monday – Friday, 11:30AM-1:00PM)

Students experience and study Anabella Lenzu / DanceDrama repertory. The emphasis is on the journey rather than the destination, on understanding the impulses generated by movements and gestures. The search is for authentic and honest movement. Derived from our most basic impulses, these dance works use this principle to examine relationships between the individual and society, exploring communication, identity, memory, and spirituality, the relationship between people and their environment, the struggle for women's identity and their role in society, and the nobility of the body as a temple for our mind, soul, and heart. There will be a showing on the final day of the workshop (Friday, July 27) from 12:40-1:00PM to showcase repertory developed during the workshop.

### CONCLUSION:

It is an honor for me to be able to sustain and support dancers in the delicate task of cultivating their awareness of themselves as individual artists. As we become aware of our passions and strengths, we are able to wake the creative impulse in others. I seek what is essential and want to connect or reconnect people with the joy of dance. Wherever I go, I teach with a human and comprehensive pedagogy in which creativity, ethics and aesthetics are intertwined. – Anabella

To register: <http://www.peridance.com>

[www.AnabellaLenzu.com](http://www.AnabellaLenzu.com)

Anabella Lenzu/DanceDrama  
126 East 13th Street  
NY, NY, 10003  
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<http://www.AnabellaLenzu.com>

Schedule  
July 23, 2018: 10:00am  
July 24, 2018: 10:00am  
July 25, 2018: 10:00am  
July 26, 2018: 10:00am  
July 27, 2018: 10:00am