

Thursday, November 5, 2020

DTH Live Open Class: FREE Gyrokensis Class with DTH Alumna Anjali Austin

Company: Dance Theatre of Harlem
Venue: YouTube
Location: New York, NY

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Whether you're dancing for fun or working towards your fitness goals, we have a variety of classes that you can enjoy from the comfort of your home.

Take our FREE DTH On Demand LIVE Open Class: Alumni Spotlight on Thursdays, 6:30-7:15 pm EDT on [YouTube](#). Our November 5th class will be a Gyrokensis class taught by DTH Alumna Anjali Austin.

Gyrokinesis methodology is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. Exercises are conducted seated, standing and as floor work. It is an original and unique method, which coordinates movement, breath and mental focus.

Be sure to subscribe to our [YouTube](#) channel.

[Learn more about DTH On Demand](#)

Dance Theatre of Harlem
Dance Theatre of Harlem
New York, NY, 10031

Schedule
November 5, 2020: 6:30pm

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