June 22 - August 31, 2020

Dancer / Director

Company: Neva Cockrell from Pilobolus and Loom Ensemble
Venue: Zoom
Location: New York, NY

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Darshana Photo Art

Contemporary Dance

Mondays 5-6pm on Zoom

This class will leave you feeling creative, healthy, and inspired! And best of all, it fits in your living room (or another 6x6 foot space). Class begins with a technique based warm-up with an emphasis on strength, flexibility, and balance. Next, we'll do a series of exercises to build specific contemporary dance skills and an ability to move freely with grace. We'll end by learning a contemporary phrase, practicing full-body movement within a small space (a good skill to have!). We will be moving up and down from the floor, taking some weight on the hands, and learning a phrase. Some experience in Contemporary Dance may be helpful, though is not required.

Neva Cockrell from Pilobolus and Loom Ensemble
Your Home
New York, NY, 10033
https://www.tickettailor.com/events/nevacockrell/368267#

Schedule
June 22, 2020: 5:00pm
June 29, 2020: 5:00pm
July 6, 2020: 5:00pm
July 13, 2020: 5:00pm
July 20, 2020: 5:00pm
more

< back

previous listing • next listing