June 24 - August 26, 2020

# Dancer / Director

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

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Darshana Photo Art

Dance Conditioning

Wednesdays 9:15-10am on Zoom

For both dancers and non-dancers, this 45-minute action packed class will tone each major muscle group in the body while focusing on alignment and muscle isolation. Based on Neva's years of teaching Ballet Barre, this unique class is an incredible support for dancers looking to build strength, capacity, and confidence in their dancing, and non-dancers looking to train their bodies the way dancers do! We will focus specifically on positions that are needed for dance, and help to build long, lean muscles and a flexible, graceful body. This technique is incredibly help for stabilizing the joints, learning movement specificity, and moving with confidence.

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

Schedule
June 24, 2020: 9:15am
July 1, 2020: 9:15am
July 8, 2020: 9:15am
July 15, 2020: 9:15am
July 22, 2020: 9:15am
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