

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  
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