

Friday, May 29, 2020

## Elena Valls || The Playground NYC

Company: THE PLAYGROUND NYC  
Venue: MEET US ON ZOOM!!  
Location: NEW YORK, NY

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Photo Credit : Serkan Yildirim

Elena Valls

Friday, 5/29

1:00-2:00pm EST

Donation Based

Venue: Online

Register at <https://clients.mindbodyonline.com/classic/ws?studioid=31459&stype=-110&sView=day&sLoc=0&sTrn=100001589&date=05/29/20>

Registered participants will be emailed a link to the class 15 minutes prior to the start.

The Playground NYC, in partnership with Gibney, is offering Online Studio, digital dance space. Join us, wherever you are for LIVE online classes with teaching artists in New York City and around the world. Let's keep moving together and finding new ways to connect. Classes are open to movers of all levels!

Classes will be streamed live via ZOOM. Participants must pre-register for class and create a (free) ZOOM account to join. Registration will close 20 minutes before the class time. Fifteen minutes before class, you will receive an email with the ZOOM link.

Let's dance it out! Community Strong.

### Class Description:

Elena Valls class consists of Human exploration. Constantly researching and investigating the body and mind and connecting them to the space, objects, colors around you. Lubricating the joints, finding speeds and dynamics, textures and sensations to explore all obstacles that your physical being is. Getting rid of Limitations and opening the mind to all possibilities. Human connection, and awareness of the space will

allow you to find more freedom behind your movement. A warm up led by improv and stretches. Leads to a fast pace physical cardio moves with martial arts influence and constant spirals and release to connect to pleasure and passion. Ending with a phrase in creation to explore all new ideas and possibilities. Elena loves to connect with her students to make them believe that they are capable of anything, by just making the choice to enter the space with an open mind, you can enhance your imagination to new places you have never explored in your mind and body.

Bio:

Elena Valls García was born in Madrid, Spain and grew up in Arizona, where she got her formal dance/theater training at Plumb Performing Arts Center in Arizona. She moved to New York to receive her BFA at The Conservatory of Dance at SUNY Purchase, under the mentorship of Kazuko Hirabayashi. She studied dance and martial arts in Taipei National University of the Arts in Taipei, Taiwan. She performed professionally with companies in New York City, Europe, and Turkey. She has performed in Punch Drunk's "Sleep No More" in NYC and Worked with Etienne Bechard (Brussels) Maura Morales (Düsseldorf), Kyle Abraham (NYC) Gregory Dolbashian (NYC), Shen Wei (NYC), Manuel Vignouille (NYC), Korhan Basaran (Istanbul), and Samuel Pott (NYC). Miss Valls is featured in film works and television shows like "American Crime, Season 2" created by John Ridley, "Fama, A Bailar" in Madrid, and Jeremy Shaw "Phase Shifting Index" in Berlin and Paris. She is currently a company member of Ballet National de Marseille, in Marseille, France under the direction of La Horde. She is creatively searching for deeper ways to express her passion for the Arts and dance, to build a culture of collaborations and connections.

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THE PLAYGROUND NYC  
280 Broadway Entrance 53A Chambers  
NEW YORK, NY, 10007  
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Schedule  
May 29, 2020: 1:00pm

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