

Saturday, October 26, 2019

FREE Contemporary Technique Master Class with Patrick O'Brien

Company: LaGuardia Performing Arts Center
Venue: LaGuardia Performing Arts Center (Blackbox Theater)
Location: Queens, NY

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Charles Roussel

This contemporary technique class is carefully crafted around informing dancers about the skills and strategies needed to precisely utilize kinetic energy in the current dance scene.

The warm-up consists of floor exercises designed to force the body to think differently about how to absorb weight down into the ground safely to facilitate consistency in fluidity when navigating our rise and fall from the floor. A focus on the use of the pelvis as our basis for power and its relationship to gravity deepens the body's understanding of connectivity, efficiency, and dynamics. Structured improvisation ignites the awareness of tactility and internal rhythm to develop a refined quality of movement.

Together, we will establish a nurturing yet challenging environment for exploration to prepare for a rigorously detailed phrase from my current work "Enough."

LaGuardia Performing Arts Center
31-10 Thomson Avenue E Building
Queens, NY, 11101
(718)382-5151
<https://lpac.nyc/workshops/2019/10/26/free-contemporary-technique-master-class-with-patrick-obrien>

Schedule
October 26, 2019: 2:00pm

[< back](#)

[previous listing](#) • [next listing](#)