

FOR AUDIENCES

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Wednesday, May 27, 2020

Gyrokinesis with I-Hsuan Chen (Taiwan), Boston Dance Theater

Company: Boston Dance Theater
Venue: Zoom
Location: Boston, MA

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All levels welcome! Must register IN ADVANCE in order to receive Zoom link: <https://www.bostondancetheater.com/online>

All Boston Dance Theater online classes and online events are FREE. A suggested \$5 donation to support our teachers can be made via Venmo (@Jessie-Jeanne) or PayPal (director@bostondancetheater.com).

CLASS DESCRIPTION: The Gyrokinesis Method was created by Juliu Horvath. It's a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method, which coordinates movement, breath and mental focus.

This class is beginner level, based on 60-minute format. We will practice on a chair and a mat (or towel).

Boston Dance Theater
n/a
Boston, MA, n/a

Schedule
May 27, 2020: 10:00am

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