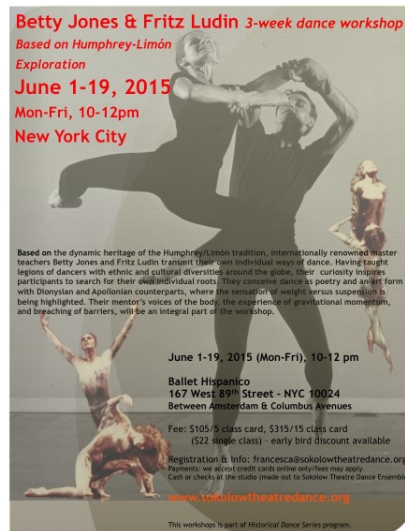


June, 1-19, 2015

## Humphrey-Limón exploration workshop with Betty Jones & Fritz Ludin

Company: Sokolow Ensemble  
Venue: Ballet Hispanico  
Location: New York, NY

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Based on the dynamic heritage of the Humphrey/Limón tradition, internationally renowned master teachers Betty Jones and Fritz Ludin transmit their own individual ways of dance. Having taught legions of dancers with ethnic and cultural diversities around the globe, their curiosity inspires participants to search for their own individual roots. They conceive dance as poetry and an art form with Dionysian and Apollonian counterparts, where the sensation of weight versus suspension is being highlighted. Their mentor's voices of the body, the experience of gravitational momentum, and breaching of barriers, will be an integral part of the workshop.

June 1-19, 2015 (Mon-Fri), 10-12 pm

[www.sokolowtheatredance.org](http://www.sokolowtheatredance.org)

Sokolow Ensemble  
167 West 89th Street Between Amsterdam & Columbus Avenues  
New York, NY, 10024  
<http://sokolowtheatredance.org/wordpress/?p=3236>

Schedule  
June 1, 2015: 10:00am  
June 2, 2015: 10:00am  
June 3, 2015: 10:00am  
June 4, 2015: 10:00am  
June 5, 2015: 10:00am  
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