

Thursday, December 20, 2018 - Thursday, January 3, 2019

## Intermediate Limón Class

Company: Limon Dance Company  
Venue: Peridance Capezio Center  
Location: New York, NY

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Join Limón at Peridance throughout the holidays!  
Every Thursday, 1:00-2:30, Intermediate level, with live music.

Limón technique emphasizes the natural rhythms of fall and recovery, a conscious use of breath, and the interplay between weight and weightlessness. It provides dancers with an organic approach to movement that easily adapts to a range of dance styles

Limon Dance Company  
126 E.13th Street  
New York, NY, 10003  
<http://limon.org/training/open-classes/>

Schedule  
December 20, 2018: 1:00pm  
December 27, 2018: 1:00pm  
January 3, 2019: 1:00pm

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