

February 3 - May 12, 2015

## Irene Dowd: Neuromuscular Preparation for Dance

Company: Movement Research

Venue: Movement Research at Eden's Expressway

Location: New York, NY

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Irene will teach selections of the material choreographed in response to her interaction with professional dancers and dance teachers in the past as well as new material she is creating now. These choreographies can be used as a very efficient warm-up for dance, as well as a musculo-skeletal conditioning program, neuro-muscular fine-tuning, and mental preparation for the greater awareness and expansiveness required of us all as creative performing artists.

Movement Research  
537 Broadway, 4th Floor  
New York, NY, 10012  
\$14

Schedule  
January 23, 2015: 8:00pm

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