

July 31 - August 4, 2017

MELT: Choreography for Warming-up to Dance

Company: Movement Research
Location: New York, NY

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[MELT: Choreography for Warming-Up to Dance](#)

with [Irene Dowd](#)

M T W Th F

9:45-11:45am \$125

Avenue C Studio

55 Avenue C

New York, NY 10009

Participants will learn a selection of choreographic materials created by Irene during her ongoing interactions with professional dancers and dance teachers. 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. Areas of focus might include: dynamic trunk/pelvis stabilization, foot sensitization and articulation, hip joint mobilization, freeing the chest and shoulders.

Movement Research
55 Avenue C
New York, NY, 10009
2125980551
<https://movementresearch.org/event/5427>

Schedule
July 31, 2017: 9:45am
August 1, 2017: 9:45am
August 2, 2017: 9:45am
August 3, 2017: 9:45am
August 4, 2017: 9:45am

[< back](#)

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