

Friday, August 26, 2022

## Master Class with Mitzi Adams

Company: Adams Company Dance

Venue: Ripley Grier Studios

Location: New York , NY

► [Share](#) | [Print](#) | [Download](#)



Photo: Cathryn Lundgren

Get your dance on!!! Friday night Master Class in Contemporary Technique for Int/Adv Dancers, with Mitzi Adams, Artistic Director of [Adams Company Dance](#), NYC. Looking for new faces!!

A sought-after Master teacher who has taught at numerous colleges and universities throughout the country, and currently listed on A Growing List of Active Women Choreographers in Dance Magazine, Mitzi Adams has been in the industry for the past thirty-one years and has received numerous awards and distinctions for her choreography.

Adams' classes are musical, fun and kinetically charged. The warm-up emphasizes proper placement, centering and fluidity of the spine. Technically challenging movement phrases are built upon in the course of her classes, allowing the exploration of a wide range of qualities, spatial patterning and rhythm. Emphasis is on the dancer as a human, not a number. Adams is also a board certified massage therapist, and specializes in the ancient art of Jin Shin Jyutsu. She will give tips for self-help at the end of class to aid in keeping the body in good health.

When: August 26th 7:00p-9:00p

Where: 305 W. 38th Street Ripley Grier Studios (studio 311)

Cost: \$30 (Cash, Venmo, CC accepted)

To Register: Send an email to [adamsdanceegm@gmail.com](mailto:adamsdanceegm@gmail.com)

*Refund Policy: If pre-paying via Venmo or CC, a full refund shall be granted in advance of the class. No transferring of registration shall be allowed. If the class is cancelled for any reason, a full refund shall be granted.*

Adams Company Dance  
305 W. 38th Street Ripley Grier Studios (studio 311)  
New York , NY, 10018  
203-829-4767

Schedule  
August 26, 2022: 7:00pm

[< back](#)

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