

October 4 - November 29, 2016

## Neuromuscular Preparation for Dance

Company: Movement Research

Venue: Gibney Dance

Location: New York City, NY

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Photo courtesy of Canada's National Ballet School

### [Neuromuscular Preparation for Dance](#)

with Irene Dowd

October 4 - November 29

TUE 3-4:45pm

MR@Eden's Expressway

\$14

Irene will teach new and previously choreographed material created to serve as efficient warm-ups for dance, targeted musculoskeletal conditioning programs, neuromuscular fine-tuning, and mental preparation for performance.

Irene Dowd is currently on dance faculty of the Juilliard School and Hollins University MFA program in dance, and is author of Taking Root to Fly. Irene has maintained a professional practice in choreography, kinesthetic anatomy and neuromuscular re-education since 1969.

Movement Research  
280 Broadway  
New York City, NY, 10007  
<https://movementresearch.org/event/3471>

Schedule  
September 19, 2016: 8:00pm

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