

July, 5-26, 2014

Open Class - \$10 summer special

Company: 360° Dance Company
Venue: Mary Anthony Dance Studio
Location: New York, NY

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Eva Groven

Experience 360's company class, combining the principles and vocabularies of Graham, Cunningham and Martin's choreographic work. This technique class provides a progression through deeply focused beginning exercises to full-bodied athletic, expansive and expressive movement. The beginning focuses on engaging and strengthening core muscles, improving placement and balance, and exploring the body's range of motion. Dancers will then explore the flow and harnessing of energy through dynamic center exercises, which encourage risk and experimentation. Finally, students will fly across the floor and through space, expanding their idea of movement possibilities.

360° Dance Company
736 Broadway, 7th Floor (at Astor Pl)
New York, NY, 10003

Schedule
July 3, 2014: 8:00pm

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