

May 17 - August 23, 2021

Open Level Contemporary Dance Class

Company: Stephanie Peña
Location: N/A, NY

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Juan Gutierrez

Stephanie Peña is teaching weekly online contemporary dance classes

Every Mondays

Open Level (Beginner Friendly)

6:30 PM (EST) \$15

via Zoom

This Contemporary Dance class starts with a body scan meditation where you slowly give energy to each body part to warm it up. What does your body need at the moment? Continue with a given improvisation prompt to get the whole body moving in the space. You will be challenged with a series of exercises focusing on strength, alignment, balancing the body and stretches. This will lead to Peña's choreographic phrases that ranges from floor work, expressive and continuous movements.

Sign up at <https://www.penastephanie.com/dance-classes>

Stephanie Peña
N/A
N/A, NY, N/A

Schedule
May 17, 2021: 6:30pm
May 24, 2021: 6:30pm
May 31, 2021: 6:30pm
June 7, 2021: 6:30pm
June 14, 2021: 6:30pm
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