

February 16 - April 1, 2011

Open Technique Classes

Company: Shen Wei Dance Arts
Venue: Park Avenue Armory
Location: New York, NY

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Through the detailed investigation of moving ideas, the class will explore breath, internal energy, center-shifting, momentum, spirals, rotations and flow. The focus will be to provide an informed pathway for opening the body and mind to new ways of approaching dance.

Shen Wei Dance Arts
Park Ave between 66th & 67th
New York, NY

Schedule
February 16, 2011: 12:00pm
February 18, 2011: 12:00pm
February 23, 2011: 12:00pm
February 25, 2011: 12:00pm
March 2, 2011: 12:00pm
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