

June, 5-23, 2017

Summer Humphrey-Limon workshop Jones/Ludin

Company: Sokolow Ensemble  
 Venue: BALLET HISPANICO  
 Location: New York, NY

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3 week Humphrey/Limón professional workshop with master teachers Betty Jones & Fritz Ludin

The current of life energy that runs through the body and gives dance its ultimate beauty and vitality will be an important topic of the Workshop.

Based on the dynamic heritage of the Humphrey/Limón tradition, internationally renowned master teachers Betty Jones and Fritz Ludin transmit their own individual ways of dance. Gaining a philosophical and physical understanding of Doris Humphrey and José Limón's humanistic work; with Doris's emphasis on fall and recovery, her dichotomous use of dynamics in upper and lower extremities that brought drama and beauty to her dance, as well as Mr. Limón's "voices of the body." José embodied and understood this principal fully, making his dancing majestic and fulfilling – he was in full concert not just with the earth, but placed himself center stage in the universe. You'll be discovering layers upon layers of complexities.

Having taught legions of dancers with ethnic and cultural diversities around the globe, Betty and Fritz's curiosity inspires participants to search for their own individual roots. They conceive dance as poetry and an art form with Dionysian and Apollonian counterparts, where the sensation of weight versus suspension is being highlighted. Their mentor's voices, the experience of gravitational momentum, and breaching of barriers, will be an integral part of the workshop.

It is this ongoing vitality that keeps the Humphrey/Limón heritage in high esteem, and keeps attracting students and dancers for life globally.

June 5-23, 2017, Mon-Fri, 10-12 pm

organized by: Sokolow Theatre Dance Ensemble

Click [here](#) for info & rates. Early bird discount available until April 29

Sokolow Ensemble  
 167 West 89th Street, STUDIO 8,  
 New York, NY, 10024  
<http://sokolowtheatredance.org/wordpress/?p=4739>

Schedule  
 June 5, 2017: 10:00am  
 June 6, 2017: 10:00am  
 June 7, 2017: 10:00am  
 June 8, 2017: 10:00am  
 June 9, 2017: 10:00am  
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