

Monday, June 5, 2023

Summer Intensive with Alexandra Beller/Dances

Company: Alexandra Beller/Dances

Venue: Mark Morris

Location: Brooklyn, NY

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[INSIDE & OUT: SUMMER INTENSIVE](#)
[A LIVE NYC SUMMER INTENSIVE @ MARK MORRIS](#)
[JUNE 5-9, 2023](#)
[10AM-4:30PM EST](#)

[Click here to register/learn more](#)

About this Workshop

INSIDE & OUT is a five-day LIVE workshop in which we will spend time both being deeply introspective, vulnerable, personal, and intimate, and also spending time considering relationship, community, global context and environmental impacts.

Each day will feature a 75 minute Bartenieff Fundamentals class taught by Alexandra. This is followed by a 90 minute rigorous, full-bodied movement class by a rotating guest teachers. The afternoon is a 180 minute Choreography and Directing workshop in which you will build a piece. You are welcome to have dancers join you, or work on either a solo or in collaboration with other members in class to create a duet or larger piece. Overall, the week is meant to invite us back into our bodies, collaboration, creativity, flow, and generation, while leaving behind models that do not serve us.

The final day will culminate in a longer 2-hour Bartenieff Class followed by a Choreolab with an informal showing at the end.

Guest Teachers:

Cameron McKinney

marion spencer

Hollis Bartlett

Nattie Trogon

Alexandra Beller/Dances
 3 Lafayette Avenue
 Brooklyn, NY, 11217

Schedule
 June 5, 2023: 10:00am

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