

April, 12-16, 2021

## THE BRIDGE: Nai-Ni Chen Virtual Dance Institute (Free)

Company: NAI-NI CHEN DANCE COMPANY

Venue: Online

Location: Worldwide (EST time zone), NJ

► [Share](#) | [Print](#) | [Download](#)



NAI-NI CHEN DANCE COMPANY

### THE BRIDGE:

Nai-Ni Chen Virtual Dance Institute of boundary-breaking dance experiences from leading dance makers and teachers from diverse communities

This week's guest artists:

Zhongmei Li + Andrew Pacheco

Open to All Dancers at an Intermediate to Advanced Level

~meet the artists after the class~

Monday through Friday at 11:00 AM EST

Free 1-hour Virtual Master Class!

[~Upcoming Sessions on The Bridge](#)

[~Mon. April 12, 11AM EST](#)

[Kinetic Spiral with Yuka Notsuka](#)

Tapping into the creative energy of the universe through Kinetic Spiral. Nai-Ni Chen's signature technique is based on the principle of ever-changing universal forces of Yin and Yang. Dance phrases from Nai-Ni Chen's repertory will be taught by Yuka Notsuka who is a member of the Nai-Ni Chen Dance Company.

[~Tues. April 13, 11AM EST](#)

[Zhongmei Li teaches Chinese Classical Dance](#)

Zhongmei Li will teach one of the most well-known Chinese classical dance techniques, the Duanguang technique, based on a contemporary interpretation of the movement of the painted figures in the ancient caves of Duanhuang Grotto. The fantastic paintings in the caves were created in the Tang Dynasty by Buddhist monks traveling along the Silk Road. Zhongmei Li began her dance training at the Beijing Dance Academy, China's foremost dance institution, and continued in the U. S.; she won full scholarships to study at both the Alvin Ailey and Martha Graham schools. In 1994, she created the Zhongmei Dance Company, with which she performed all over the United States. In addition, she has performed in many other countries, including Singapore, France, Israel, and Brazil. Zhongmei's story is available in a non-fiction book, "A Girl Named Faithful Plum," by Richard Bernstein.

[~Wed. April 14, 11AM EST](#)

[Kinetic Spiral with Nai-Ni Chen](#)

Tapping into the creative energy of the universe through Kinetic Spiral. Nai-Ni Chen's signature technique is based on the principle of ever-changing universal forces of Yin and Yang. Dance phrases from Nai-Ni Chen's repertory will be taught. Nai-Ni Chen has been hailed as a Spiritual Choreographer by Dance Magazine and is the recipient of multiple choreographic fellowships from the National Endowment for the Arts and New Jersey State Council on the Arts. Nai-Ni Chen has been creating dances professionally for over thirty years in the United States. Chen has built a diverse repertory of over 80 original works and toured to major venues in the US and international contemporary dance

festivals in 12 countries. She will be teaching her signature technique--KINETIC SPIRAL--which is a blend of the dynamic, ever-evolving spirit of contemporary dance and the grace and splendor of the Chinese artistic traditions.

~Thurs. April 15, 11AM EST

Andrew Pacho teaches FLOW (Gyrokinesis-based)

Learn to stretch, warm-up, heal and strengthen your body with renowned dancer/gymnast, Andrew Pacho. He developed Flow to heal himself, and he has successfully helped many others. Join us for an hour of dancing on a chair! Andrew Pacho was on teaching Staff with the Nai-Ni Chen company in China, 2015. He started his career as a USA National-level competitor in Gymnastics, then trained to become a professional dancer. Highlights include working with Mark Morris, Donald Byrd Company, Philodanco, Doug Elkins, Lar Lubovich, Micheal Swain, Graciella Daniele, Bill Irwin, Gillian Lynne, Peter Sellars, Graham Murphy, Harold Prince, Jerry Mitchel, Robert Lepage, as well as several productions on Broadway, the Metropolitan Opera, NYCO, & Radio City Music Hall. Mr. Pacho co-founded the Gymnastics dance company ANTI-GRAVITY, working as co-director and choreographer.

~Fri. April 16, 11 AM EST

Kinetic Spiral with Greta Campo

Greta Campo is the Associate Artistic Director of the Nai-Ni Chen Dance Company. She began her dance training in her native Milan at the Carcano Theater, where she was first introduced to Martha Graham's work. She performed with the Martha Graham Dance Company in their 2012 New York Season and later on their international tour. Greta is a recipient of the 2016 Rising Star Award from the Fini Dance Festival.

~~Experience the power of diverse dance!

---

NAI-NI CHEN DANCE COMPANY

Zoom web platform

Worldwide (EST time zone), NJ, 07024

[https://docs.google.com/forms/d/e/1FAIpQLSeYME268V3ig68MEhPclpkP2\\_-a3VKKY03s7DsJgDQJQJbzng/viewform?gxids=7628&fbclid=IwAR3hxezN\\_6gyk9DdPejaU13eh5NKUm8Xz6nif-Pn-ZWAzG28xEB6h5sW3dA](https://docs.google.com/forms/d/e/1FAIpQLSeYME268V3ig68MEhPclpkP2_-a3VKKY03s7DsJgDQJQJbzng/viewform?gxids=7628&fbclid=IwAR3hxezN_6gyk9DdPejaU13eh5NKUm8Xz6nif-Pn-ZWAzG28xEB6h5sW3dA)

Schedule

April 12, 2021: 11:00am

April 13, 2021: 11:00am

April 14, 2021: 11:00am

April 15, 2021: 11:00am

April 16, 2021: 11:00am

---

[< back](#)

[previous listing](#) • [next listing](#)