

## FOR AUDIENCES

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July, 13-15, 2021

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

Company: NAI-NI CHEN DANCE COMPANY

Venue: Online

Location: Fort Lee, NJ

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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 artist:  
Peiju Chien-Pott

Open to All Dancers at an Intermediate to Advanced Level  
~meet the artists after the class~  
Monday through Thursday at 11:00 AM EST  
NO FRIDAY CLASSES for the SUMMER SCHEDULE

*Free 1-hour Virtual Master Class!*

~~~Upcoming Sessions on The Bridge

~Mon. July 12, 11AM EST

~Yuka Notsuka teaches Kinetic Spiral

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

~Tue. July 13, 11 AM 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 by the choreographer herself.

~Wed. July 14, 11AM EST

~GyroKinesis with Rio Kikuchi

GyroKinesis is a slow, fluid exercise practice based on the natural elements of spinal movement. By gently working the joints and muscles through rhythmic and undulating movements coupled with calming breath patterns, the exercises stimulate the body's internal organs while corresponding breathing patterns stimulate the nervous system, open up energy pathways, and oxygenate the blood. Born in Tokyo, Japan, Rio Kikuchi began ballet training at Studio Benus. She took the Summer Intensive at the Kirov Academy of Ballet in Washington, DC in 2015. In 2017, Rio moved to New York and was offered a Scholarship to study at The School of Alvin Ailey American Dance Theater. She performed

with Alvin Ailey Dance Theater at the New York City Center in 2018. A member of the Nai-Ni Chen Dance Company, Rio is also a certified GyroKinesis instructor.

~Thurs. July 15, 11 AM EST

~Graham with Peiju Chien-Pott

Graham Technique is part of the foundation of modern dance today. Join Peiju for a great Graham class today! Peiju Chien-Pott joined the Graham Company in 2011. She received the Positano Premia La Danza 2014 award for Best Contemporary Dancer, was named one of the year's "Best Performers" in 2014 and 2017 by Dance Magazine, was an honoree of the "Women's History Month" by Hudson County and received a 2017 Bessie award for Outstanding Performer. Ms. Chien-Pott has created lead roles by many of the world's most celebrated choreographers including Nacho Duato, Mats Ek, and Andonis Foniadakis. She graduated with a BFA. from Taipei National University of the Arts, and has since been honored with their Outstanding Alumni Award. She recently received an Outstanding Dance Artist Award from the government of Taiwan.

NO CLASS FRIDAY, JULY 16 ~

We are on the Summer Schedule !

~Experience the power of diverse dance!

\*\*Please register online here first to receive the classes' Zoom links:

[https://docs.google.com/forms/d/e/1FAIpQLSeYME268V3ig68MEhPclpkP2\\_-a3VKKY03s7DsJgDOJOJbzng/viewform?fbclid=IwAR23vmGaRacLdZkiwRKsrQhyrbpvgpDQOkjAnrwdDFsWTCi6xenlUCF6aEs](https://docs.google.com/forms/d/e/1FAIpQLSeYME268V3ig68MEhPclpkP2_-a3VKKY03s7DsJgDOJOJbzng/viewform?fbclid=IwAR23vmGaRacLdZkiwRKsrQhyrbpvgpDQOkjAnrwdDFsWTCi6xenlUCF6aEs)

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NAI-NI CHEN DANCE COMPANY

Zoom web platform

Fort Lee, NJ, 07024

8006500246

[https://docs.google.com/forms/d/e/1FAIpQLSeYME268V3ig68MEhPclpkP2\\_-a3VKKY03s7DsJgDOJOJbzng/viewform?fbclid=IwAR23vmGaRacLdZkiwRKsrQhyrbpvgpDQOkjAnrwdDFsWTCi6xenlUCF6aEs](https://docs.google.com/forms/d/e/1FAIpQLSeYME268V3ig68MEhPclpkP2_-a3VKKY03s7DsJgDOJOJbzng/viewform?fbclid=IwAR23vmGaRacLdZkiwRKsrQhyrbpvgpDQOkjAnrwdDFsWTCi6xenlUCF6aEs)

Schedule

July 13, 2021: 11:00am

July 14, 2021: 11:00am

July 15, 2021: 11:00am

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