

June, 22-26, 2020

## ndiLIVE! Free online dance classes from National Dance Institute

Company: National Dance Institute  
Venue: ONLINE - National Dance Institute  
Location: New York, NY

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Through our ndiLIVE! platform of free online classes, NDI teaching artists are leading children in signature NDI choreography, a variety of high-energy dance classes for all ability levels, plus a weekly music class.

### Schedule for June 22 – June 26:

NDI Dance! with Dana Panepinto (All ages)

4 pm EDT • Monday, June 22 on [Facebook](#), [Instagram](#), and [YouTube](#)

Join NDI Teaching Artist Dana Panepinto as she creates dance inspired by the strokes on a canvas. From visual art on the page to art on the dance floor, Dana will teach you a funky combination of sharp and smooth movement, while NDI Musician Ly Bedaña plays original music. Bring your canvas, crayons, and dancing feet!

DREAM Project@Home (All ages and all abilities)

4 pm EDT • Tuesday, June 23 on [Facebook](#), [Instagram](#), and [YouTube](#)

To view with closed captioning, please watch on YouTube.

NDI's DREAM Project (Dancers Realize Excellence through Arts and Movement) continues its DREAM Project@Home series of 30 minute classes focusing on introducing the NDI style of dance class to children with a wide variety of abilities. In this class, Kay Gayner (NDI Associate Artistic Director), Agnes McConlogue Ferro (Board Certified Pediatric Physical Therapist) and children with and without disabilities from the NDI DREAM community provide strategies for adapting movement for different levels of abilities. Steps are broken down and choreography builds throughout the series culminating in a mini-performance. Musical accompaniment is provided by NDI Musicians Tony Allen, Yakir Ben-Hur, and Micha Gilad.

Join us and share this class with your community for a dance class experience that is one of a kind! Families and children of all ages and with a wide variety of abilities are encouraged to participate!

Warm-Up Wednesdays! (All ages)

8 am EDT • Wednesday, June 24 on [Facebook](#), [Instagram](#), and [YouTube](#)

NDI Teaching Artist Gabriela Burdsall has a dynamic warm-up for you! She uses NDI's high-energy movement vocabulary to strengthen your muscles and wake up the body. Music from NDI Musician Micha Gilad adds joy and positivity to uplift your day.

NDI Dance! with Mary Kennedy (All ages)

4 pm EDT • Wednesday, June 24 on [Facebook](#), [Instagram](#), and [YouTube](#)

Treat yourself to a ten minute movement break with NDI Teaching Artist Mary Kennedy! You will do a quick warm-up and then learn a simple summer day themed dance combination. Accompanying Mary is NDI Musician Micha Gilad. Tune in and enjoy!

NDI Arts Encounter with Emily Meisner (3K – 2nd Grade)

4 pm EDT • Thursday, June 25 on [Facebook](#), [Instagram](#), and [YouTube](#)

Join NDI Teaching Artist Emily Meisner for an energetic dance class all about weather! In this class geared for early childhood, Emily creates movement inspired by the lightning, thunderstorms, and rain that often fill the summer skies. Accompanying Emily is NDI Associate Music Director Yakir Ben-Hur. Come ready to bring the stormy weather to life!

NDI Jams! with Leonardo Sandoval, NDI's Artist-in-Residence (All ages)

4 pm EDT • Friday, June 26 on [Facebook](#), [Instagram](#), and [YouTube](#)

This week on NDI Jams, NDI's Artist-in-Residence Leonardo Sandoval is back to introduce you to body percussion and teach a short rhythm combination. Leonardo is NDI's first Artist-in-Residence and has been working with NDI for 2019-2020. Join us for this fun percussive class!

About NDI: National Dance Institute (NDI) is a non-profit arts education organization founded in 1976 by ballet star Jacques d'Amboise. Through school partnerships, after-school classes, public performances, and teaching artist trainings, NDI uses dance as a catalyst to engage children and motivate them toward excellence both in school and in life. [www.nationaldance.org](http://www.nationaldance.org)

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National Dance Institute  
217 West 147th Street  
New York, NY, 10039

Schedule  
June 22, 2020: 4:00pm  
June 23, 2020: 4:00pm  
June 24, 2020: 8:00am, 4:00pm  
June 25, 2020: 4:00pm  
June 26, 2020: 4:00pm

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