CRACKING THE CORE WORKSHOP ON MONDAY, AUGUST 23RD

Thursday, August 19, 2010

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6:30 PM - 7:30 PM
Gibney Dance Center
890 Broadway (between E19th and E20th)
5th Floor

The Harkness Center for Dance Injuries in collaboration with Dance/NYC will be presenting a workshop for dancers and dance teachers, titled "Cracking the Core" on August 23rd. This workshop is the beginning of a series of workshops with HCDI and Dance/NYC to provide information on healthcare to the dance community. "Cracking the Core" will review the anatomy and mechanics of the cores and surrounding muscles. The workshop will also enhance the understanding of core connection while exploring the functional demands of dance on these muscles.

Please RSVP to attend.