



FOR AUDIENCES

[Community Calendar](#) [Artist Directories](#) [Networks](#) [Volunteering](#) [Donate](#)

January 23 - June 27, 2019

BARRE A TERRE (OPEN LEVEL)

Company: Anabella Lenzu/danceDrama

Venue: PERIDANCE

Location: New York, NY

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



TODD CARROLL

BARRE A TERRE (OPEN LEVEL) with Anabella Lenzu

at Peridance Capezio Center (126 East 13th Street, between 3rd and 4th Ave)

TUESDAYS 7:30- 9pm

WEDNESDAYS 10:00-11:30am

THURSDAYS 7:30-9pm

Find your inner-strength; develop & improve alignment and technique; explore and learn how to efficiently use your body and your energy in a healthy way as instruments of your expression. Through this class, you can increase flexibility and strength, overcome physical difficulties and incorrect posture, and acquire physical awareness to help prevent injuries. Open to all levels of experience.

Anabella Lenzu/danceDrama
126 East 13th Street
New York, NY, 10003
<http://www.AnabellaLenzu.com>

Schedule

January 23, 2019: 10:00am

January 24, 2019: 7:30pm

January 29, 2019: 7:30pm

January 30, 2019: 10:00am

January 31, 2019: 7:30pm

[more](#)

[< back](#)

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

Select Language

Powered by

Translate

ABOUT

[Mission](#)

[People](#)

[Board and Committees](#)

[Junior Committee](#)

[Funders](#)

[Staff](#)

[Volunteers](#)

[Contact](#)

[Donate](#)

PROGRAMS

[Overview](#)

[Events](#)

[Events](#)

[Symposium](#)

[Photos](#)

[Videos](#)

[Research](#)

[Funds](#)

[Artist Residency](#)

[Rehearsal Space Subsidy](#)

[Dance Advancement](#)

[Disability, Dance, Artistry](#)

[Emergency Response](#)

[Junior Committee](#)

[About](#)

[Member Bios](#)

[JComm Blog](#)

[Apply](#)

JUSTICE

[Values](#)

[Partners](#)

[Disability, Dance, Artistry](#)

[About](#)

[Task Force](#)

[Research](#)

[Events](#)

[Fund](#)

[Artist Residency](#)

[Network](#)

[Dance Maker Directory](#)

[Resources](#)

[Accessible Spaces](#)

[Immigrants, Dance, Arts](#)

[About](#)

[Task Force](#)

[Research](#)

[Events](#)

[Network](#)

[Dance Maker Directory](#)

[Resources](#)

NEWS

[Field News](#)

[Junior Committee Blog](#)

[Huffington Post](#)

FOR ARTISTS

[Listings](#)

[Auditions](#)

[Choreographic Opportunities](#)

[Jobs & Internships](#)

[Volunteering](#)

[Listing & Ad Options](#)

[Login/Post](#)

[Resource Pages](#)

[Disability, Dance, Artistry](#)

[Fiscal Sponsorship](#)

[Immigrants, Dance, Arts](#)

[Rehearsal Space](#)

[Sexual Harassment](#)

[Partner Sites](#)

[The Bessies](#)

[CultureAID](#)

[Kickstarter](#)

[Library for the Performing Arts](#)

[SpaceFinder](#)

[Listing & Ad Options](#)

[Login/Post](#)

FOR AUDIENCES

[Community Calendar](#)

[Artist Directories](#)

[Disability, Dance, Artistry](#)

[Immigrants, Dance, Arts](#)

[Networks](#)

[Disability, Dance, Artistry](#)

[Immigrants, Dance, Arts](#)

[Volunteering](#)

[Donate](#)

Contact

info@dance.nyc 212-966-4452 218 East 18th Street, 4th Floor, NY, NY 10003-3694

[Twitter](#) [Facebook](#) [YouTube](#)

Copyright © 2019 Dance/NYC [Privacy Policy](#) [Terms of Use](#) [Sitemap](#)

Design by Monroe&Co • Designed & Powered by Design Brooklyn

