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Thursday, October 10, 2019

Corporal Creation Tools for Contemporary Expressions (FREE)

Company: Créssida Danza Contemporánea

Venue: Rioult Dance Center

Location: Astoria, NY

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Courtesy of Créssida Contemporary Dance.

Lourdes Luna, teacher, choreographer and director of Créssida Contemporary Dance from Mérida, Yucatán, presents a FREE class open to actors, dancers, performers, teachers and choreographers. All levels are welcome!

The class will help you develop the voice of your own body through:

- Intense spatial awareness work.
- Creation of body volume.
- Improvisation exercises to develop a choreographic language.
- Sensitive group work.
- The body's displacement and awareness on the floor.

This event is co-presented by [Celebrate Mexico Now Festival](#) and [LaGuardia Performing Arts Center](#).

Créssida Danza Contemporánea
34-01 Steinway Street

Schedule

October 10, 2019: 5:00

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