

Class Descriptions

Afro-Brazilian: Open to all levels. Afro-Brazilian Dance Traditions explores movements inspired by the Yoruba, Angola, Nago and Akan people of West Africa. These cultures represent a wide range of descendants of Africa that were brought to the Americas as enslaved people. Through education of African diaspora forms in movement, this workshop will expose participants to African derived dance forms in Brazil that are foundational to the history and development of American cultures. Afro-Brazilian dances symbolize elements of nature (earth, water, air and fire). The dances are at times high impact while combining at least two rhythms in their movement; movement syncopations can be found in the shoulders, chest, pelvis, arms, legs etc. with the different rhythms in the music. Afro-Brazilian dance is a study of the connections between the rhythms and the traditional movement, archetype and story, of the elements of nature interpreted as an art form.

Ballet: Working on weight transitions, alignment, musicality, and quality of movement. Barre will set dancers up to feel centered and ready to connect larger movements with efficiency.

Carib/Funk Technique: A rhythmic hybrid of breath, technique, and soulful waves. With elements of Gyrokinesis, ballet, and contemporary movement, this class will guide you through a warm-up that articulates the body and specifically the spine and joints through waves and circular motions, followed by center, change of weight, and balance. This is all to get ready to play with movement phrases of original choreography. By focusing on the quality of movement, physical challenge, and artistic expression, class will be an expression of the fullness of who we are in body, mind, and spirit.

Conditioning: Working on the strength and mobility of the body while using some products from the household instead of using actual gym equipment. All the exercises are based on keeping the form of the body in its alignment and incorporating the products to make the exercises a bit challenging and fun at the same time.

Contemporary: This is a physical and dynamic contemporary dance class influenced by Release and David Zambrano's Flying Low techniques. In this class, we will explore the possibilities of form, qualities, and musicality within a sequence. In the first part of the class, we will warm up by building strength and mobility through the whole body. Followed by a series of tasks and improvisation, we are going to explore how we can use our body to find ways to expand our movement and preserve the flow being created. We will also work on the use of pauses, a variety of qualities, and how we can use these tools to play with musicality in order to make our movement interesting and adaptable to every change of circumstances and environment. In the last part of the class, we will learn a sequence where we are going to apply all the principles we worked on throughout the class.

Modern, Graham: We are offering up to three levels of the Martha Graham modern dance technique each week of the winter program. Classes explore choreographer Martha Graham's principles of contraction, release, spiral, and shift of weight. The classes will begin on the floor with a series of exercises developing into standing sequences and culminating with dynamic movement phrases. We will build strength and flexibility over the course. All instructors are either former Martha Graham Dance Company members or noted Graham technique educators from around the world.

Modern, Limón: A modern dance class in the style of José Limón, this class will follow the principles of fall and recovery. Classes are taught by former twenty-year veteran from the José Limón Dance Company.

Modern, Horton: The Horton Technique, developed by Lester Horton, is a Modern Dance technique that incorporates folk dance, gestures, and isolations designed to fortify, stretch, and strengthen the body. Created with a knowledge of human anatomy, the technique emphasizes a whole body, an anatomical approach designed to correct physical faults while enhancing the dancer's widest range of motion. Combined with varying contemporary styles that engage full movements done to musical phrasing at varying lengths and dynamics, Horton training prepares the dancer for any type of movement style and technique.

Hiphop: An Intermediate/advanced hiphop class which will expand upon advanced grooves and techniques, East Coast to West Coast. Technique will be applied through intermediate/advanced choreography.

Yoga: Yoga class with a focus on alignment and integration between movement and breath. A flowing practice that creates heat and energy within. Calmly paced, this class allows enough time for your body to explore the depths of pose, promoting a balanced body and mind. Classes are suitable for all levels of experience.