

Winter Intensive Class Descriptions

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, 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.

Modern, Taylor

A thorough warm-up of the body introducing the principles of Choreographer Paul Taylor's style. The class will conclude with a phrase constructed of Taylor's broad repertoire and Taylor-inspired movement. This is an open class, but it is recommended that dancers already have a fundamental grasp of modern or ballet techniques.

Modern, Limón

A modern dance class in the technique of Choreographer José Limón, taught by a former principal dancer with the Limón company. This week-long class will explore the principles of fall and recovery, opposition, breath initiation, energetic sequencing of movement through the body and the dancers' own relationship with gravity.

Ballet

Class works 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 and grace.

Gentle Vinyasa Yoga

Gentle vinyasa class to warm and loosen up taught 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. Despite the gentler pace this class can still be challenging, though is suitable for all levels of experience.

Heels

A beginner/intermediate heels class involving basic drills of commercial dance movement. A week-long exploration of "heels technique" and choreography with a focus on performance.

Afro-Brazilian

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.

Hip-Hop

Intermediate/Advanced commercial hip-hop class with an introduction to East Coast to West Coast grooves. The technique will be applied through a week-long session of choreography.

Contemporary Ballet

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.

Site-Specific Movement for Dance Film Making

Drawing from his experience with immersive, site-specific theater and dance film, instructor Andrew Chapman will lead a week-long course to cover the creation of site-specific movement, camera motion technique, footage capture, and editing for the production of a dance film. Participants of all levels and movement/film experience are welcome and invited to join the course. All you need is a smartphone or other recording device and a creative spirit!

Gyrokinesis

The Gyrokinesis Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method, which coordinates movement, breath, and mental focus. The Gyrokinesis Method is practiced on a mat and chair, without equipment. Without the feedback and guidance of equipment, participants are more dependent on their own proprioception to explore movement sequences.

Odissi

Odissi is an ancient Indian classical dance that originated in the Hindu temples of Odisha – an eastern coastal state of India. Odissi, in its history, was performed predominantly by women and expressed religious stories and spiritual ideas, particularly of Vaishnavism. Odissi performances have also expressed ideas of other traditions such as those related to Hindu gods Shiva and Surya, as well as Hindu goddesses.