

Contemporary Ballet

Merging classical basic ballet vernacular with certain free-flowing, boneless movement vocabulary, this class demonstrates that space, itself, is a support mechanism that can be utilized to attain particular movement objectives. The conservation of muscle strength is preserved, enabling the dancer to have more stamina. The aim is to create familiar and focused pathways to an effortless expression of lyrical and percussive disciplines. By understanding and applying the particular dynamics of fall and rebound, momentum and flow, dancers discover a certain freedom, quality and kinetic range they never knew they possessed. The desire is to instigate and initiate the body's creative impulse, which is innate within every person. The encouragement of individual traits that challenge both body and mind is of utmost importance and the unique qualities that each possess will be nurtured to full expression.