

Yoga and Injury (prevention/recovery)

Adapt your coursework to focus on yoga, and work with mentors involved in the physical therapy, Pilates, and Laban disciplines to explore how these modalities support one another. Also appropriate for the transitioning, injured, recovering, or mature dancer to create a personal healing program and learn to recognize and correct habits that lead to injuries. Full participation in technique classes, repertory and composition classes is not a requirement of this focus.

Sample Schedule

6:40-7:30

Pranayama (Yoga)

Facilitates deep relaxation, full energy and an experience of harmony and unity through breath.

7:30-8:10

Breakfast

8:15-9:00

Pre-Technique

Promotes strength and stamina. Prepares the joints, muscles, heart, and circulatory system for the rigorous demands of technique classes, rehearsals, and performances.

12:00-1:00

Lunch

4:15-5:45

Yoga

A yoga class taught by Lauren Magarelli, a mixture of Hatha and Sivananda styles with emphasis on breath, release and proper placement.

5:45-6:45

Dinner

6:45-9:00

Laban Movement Analysis/ Anatomy and Kinesiology Theory

LMA- Introduces participants to Rudolf Laban's work on movement analysis, including ways of exploring and organizing space, shape and effort. This class encourages the exploration of personal style and vocabulary to increase dramatic range in performance, rehearsal and class environments. The composition section of this class builds the LMA work as a tool for choreography.

AK- A class on the functional anatomy of the living, moving, dancing body. Students learn basic anatomy as it functions in their own bodies with anatomical diagrams and movement explorations.