

ADVANCED MODERN DANCE

TUESDAYS & FRIDAYS

10 - 11:30AM

with

MO MINER

at SHAWL-ANDERSON DANCE CENTER

This class is an advanced contemporary practice that explores technical clarity, expansion of energy, and performance qualities. Throughout the class we will be challenged to investigate our habits and move outside of our niches.

Class exercises will begin with a floor warm-up where dancers can drop into the body, sensation, the floor, and their relationship to gravity.

Exercises to warm up the standing body, ground through the floor, and build articulate and supple feet will follow. The class then moves into inversion work to change our perspective and build upper body strength/control, and large traveling phrases to work on expanding energy through space. The class will end with longer phrase work developed from the exercises done during class.

Throughout, we will work to find the balance of tension and release in each moment of moving in order to build clarity, efficiency and find contentment in the moving body.



MAUREEN "MO" MINER recently relocated to the Bay Area from Illinois where she was an Assistant Professor of Dance at Illinois State University. She received her B.S. in Psychology and then went on to get her MFA in Dance Performance at the University of Iowa. She has performed with Jennifer Kayle and Company, Shelter Repertory Dance Theatre, Charlotte Adams and Dancers, Duarte Dance Works, Sara Semonis, and in works by Miguel Gutierrez and Lucas Crandall. In the Bay Area she has worked with Project Bandaloop, Nina Haft, and Katie Faulkner's little seismic dance company.

SHAWL-ANDERSON DANCE CENTER provides Bay Area dance students of all ages and levels with high caliber training in both contemporary and traditional movement forms in a welcoming, non-competitive environment. The Center is a non-profit organization founded in 1958 by Frank Shawl and Victor Anderson and is committed to nurturing and mentoring the growth of dancers and choreographers; cultivating a healthy and supportive atmosphere for creative expression; sustaining traditions essential to excellence in the field; and, fostering the evolution of the art of dance.

New session begins **JAN 2nd, 2009**. Single class drop in rate is \$13. Discounted rates available through purchase of a class card.

www.shawl-anderson.org

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