

# ADVANCED MODERN

with

# NINA HAFT

Wednesdays 10 AM & Fridays 4:30 PM

at SHAWL-ANDERSON DANCE CENTER

Drawing upon aspects of Limón and Release-based Techniques, Bartenieff Fundamentals and the martial arts, Nina's class focuses on the underlying connections that make dance come alive in performance. Beginning with the bones and breath, we establish a grounded and mobile connection to the floor. We explore space - inside and out - using sensation and imagery as our guides. The class builds in musicality and athleticism, culminating in a long, juicy combination that uses momentum, dynamic shifts, gesture and more. This class provides an ideal twice-weekly training ground for contemporary dancers looking to grow as performers and as technicians through personalized feedback in a professional setting.



Photo: Almudena Ortiz

**NINA OTIS HAFT** is artistic director of Nina Haft & Company, and Oakland-based collaborative team of dancers and artists who have worked together since 2000. Recent company projects emphasize cultural commentary and site-specific work, including "SKIN: One Becomes Two", a travelogue about borders and the Middle East; "mountain views: still/life with dancing" (a performance installation at the Mountain View Cemetery); and "Mit a Bing, Mit a Boom! A Klezmer Dance," a dance opera about the daughter of Jewish gangsters in Las Vegas. Nina Haft & Company also presents the Dance in Unexpected Places Series, mounting performances in train stations, dockyards, libraries, synagogues, government buildings, cemeteries, and other in between spaces. Nina has toured her work throughout the West Coast and beyond, including appearances in Los Angeles, San Diego, Santa Cruz, Stockton, Portland, Milwaukee, Chicago and Madison, Wisconsin. As a former member of AXIS Dance Company, Nina's work has also been presented by Dance Umbrella in Boston, Central Park Summerstage in New York City, the Walker Art Center in Minneapolis, FINIST in Novosibirsk, Siberia, and on public television as part of PBS' People in Motion Series.

**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.

**Wednesday 10 AM is ongoing; Friday 4:30 PM begins on Sept 25<sup>th</sup>. Classes are \$13 drop-in or discounted through purchase of a class card. Visit [www.shawl-anderson.org](http://www.shawl-anderson.org) or call (510) 654-5921 for more information.**

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