

**HORTON MODERN**  
**Beginning: Thursdays 6-7:30 PM**  
**Intermediate: Tuesdays & Thursdays 7:30-9 PM**

with  
**KAT WORTHINGTON**  
at **SHAWL-ANDERSON DANCE CENTER**

**The Horton Technique Class** taught by Kat is based on the principles of the Lester Horton Technique, as taught at the Ailey School in NYC. A typical class begins standing and progresses across the floor with movement phrases, turns and jumps. Horton Technique is designed to correct and overcome a dancer's physical limitations in order to improve on any style of dance.

The class is dynamic and dramatic, develops both strength and flexibility, and works with an energy that is in constant motion. The primary focus of many beginner-level Horton studies is to create length in the spine and hamstrings. Throughout all levels, emphasis is on developing musicality and performance qualities. Katharina loves teaching Horton Technique because it helps to create long and strong dancers.



**KATHARINA WORTHINGTON**, a native Swiss, received her BFA in Dance from California State University Long Beach. She holds a Horton pedagogy certification from the Ailey School in NYC and is a National Academy of Sports Medicine certified personal trainer. She has taught Horton internationally and worked as an active performer and choreographer in the NYC and Bay Area dance communities. She currently teaches Horton Technique at Alonzo King Lines Dance Center in San Francisco and Shawl-Anderson Dance Center in Berkeley. Kat is artistic director of Copious Dance Theater ([www.copiousdance.org](http://www.copiousdance.org)). Kat is available for private classes, workshops and master classes. Please email [hortontechnique@yahoo.com](mailto:hortontechnique@yahoo.com) for current rates and availability.

**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.

Classes are ongoing on a drop-in basis. Single class drop in rate is \$13. Discounted rates available through purchase of a class card.

**[www.shawl-anderson.org](http://www.shawl-anderson.org)**

**2704 Alcatraz Ave (at College)**

**Berkeley, CA**

**(510) 654-5921**