

ADVANCED MODERN DANCE

SUNDAYS
10-11:30AM

w i t h

ANNE-RENE PETRARCA

Class work will incorporate the principles of the Alexander Technique and influences from various modern techniques along with the work of Irene Dowd, Bartenieff fundamentals and Yoga. Movement qualities have organic undertones and contain rich details, strong circular shapes, seamless transitions, complex floor work and powerful locomotor movements.

Class will focus on resiliency, expansion, coordination, risk taking, and the freedom to explore and increase the range of motion and expression in the body. Performance quality and use of space will also be addressed. The dancer will be encouraged to notice and identify, without judgement inefficient habitual patterns in their alignment and thinking. Once habits are identified the student can then make a change in his/her use in order to gain in clarity, efficiency and strengthen his/her development as an intelligent, fearless dancer.

This class is designed to challenge the dancer technically and artistically, movement can range from athletic and percussive to lyrical. This class facilitates an atmosphere that allows the dancer to experience the joy in his/her dancing.



Anne-René Petrarca re-located to the San Francisco Bay area in 2009 after 20 years in New York City. She is a modern dancer, choreographer and Alexander Technique teacher. The last several years Anne-René has been developing the skill of integrating Alexander Technique into her modern dance technique class. This has been a rewarding and successful process. In NYC she was on the Faculty at Dance New Amsterdam (modern) and the Assistant Faculty at The Juilliard School dance division (Alexander Technique). Recently she was a visiting artist at Sarah Lawrence College, Hope College and was commissioned by Long Island University-Brooklyn to set a work on the dance department. Since 2000, she has been working with Jane Kosminsky (from The Juilliard School) and has assisted her at National Conventions and in the making of her DVD; For Dancers; The Alexander Technique. In San Francisco she is currently teaching modern technique at Shawl-Anderson and Alonzo King Lines Dance Center. She maintains a private Alexander Technique practice that caters to performing artist. Anne-René travels as a guest artist to universities and studios across the country teaching a variety of classes. She continues her work with the Next Stage Project as guest choreographer and continues to choreograph and perform her own works.

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.

www.shawl-anderson.org

2704 Alcatraz Ave

• Berkeley, CA 94705

• (510) 654-5921