

## Descriptions

### **FRIDAY, FEBRUARY 6**

#### **Jamaican Dance 9:00am-10:15am**

WIND YOUR WAIST! Jamaican Folk Forms explores Jamaican dance, taking students on a journey from Traditional to Contemporary. Class will begin by warming up with traditional folk forms and will provide students with the nuance and style to translate the traditional forms to contemporary forms. The second half of the class will explore Jamaica's popular form Dancehall.

#### **Afro-Caribbean 9:00am-10:15am**

Afro-Caribbean is a blend of Haitian folk dance with an African dance based and contemporary dance.

#### **A Chorus Line Master Class 10:25am-11:40am**

A Chorus Line has been an iconic musical for dancers since it opened on Broadway in 1975. LauRen Alaimo spent 2012-2013 portraying the role of Diana Morales (understudy for Cassie) on the National Tour of A Chorus Line, directed and choreographed by Baayork Lee. Not only was the role of Connie Wong based off Baayork's life, but she was also the director/choreographer Michael Bennett's dance captain and was trusted in passing on his legacy. Come be part of the legacy!

#### **Rhythm Tap Dance: Tools of the Trade 10:25am-11:40am**

(Intermediate - Tap Shoes Encouraged)

Experience musicality through the medium of Rhythm Tap Dance. Participants will learn practice drills for paddle'n'rolls, rhythm time steps, rhythm turns, trading eights and applications for dynamics, syncopation, and style.

#### **DAN 114 Introduction to Yoga 12:30pm-1:45pm**

Yoga is defined as "union", the uniting together of ourselves in all aspects- body, mind, heart, spirit. This class will introduce the student to a hatha yoga practice that creates and enlivens a deeper awareness and relationship to one's own self. Students will engage in a variety of basic yoga poses which offer a balance between strength and stability with openness and freedom in the body. Emphasis will also be on breath awareness along with maintaining a playful, heart-oriented attitude.

#### **Beginner Hip-Hop 12:30pm-1:45pm**

This class focuses on teaching fundamental Hip-Hop movements including basic body isolations and party dances from the 80s and 90s. Ephrat focuses on helping each person find their own flow and helps them get comfortable with freestyling as well as doing choreography. Get ready to sweat and work it out.

#### **Anatomy for Connectivity 2:00pm-3:00pm**

This workshop investigates anatomical efficiency and whole body connectivity with the intent of developing greater body awareness and movement intentionality. Specifically, participants will explore dynamic alignment, spinal articulation, stability of the lower body, and core-to-limb connectivity.

#### **Movement Master class for the Actor 2:00pm-4:40pm**

Award winning PUSH Physical Theatre built a training system that allows actors, dancers and movers unparalleled access to a wide variety of authentic movement choices. Built on the belief that each performer should bring his or her unique life experiences to the stage, performers develop a solid technical base that incorporates any movement that speaks to the audience. Designed for students of all levels, classes will focus on technical training based in Physical Theatre, Non-Traditional Partnering, Viewpoints Work, Corporeal & Illusionary Mime, and Hawkins Release Technique. Students are encouraged to improvise, create and develop in a way that makes the physical technique relevant to their unique creative voice.

**House Dance Workshop**                      **4:30pm-5:30pm**  
From foundation to advanced skill. To share moments with everyone.

**Breaking Basics and Styles**                      **6:00pm-7:00pm**

**Powermove Workshop**                      **6:00pm-7:00pm**  
Learn stretches, drills, and conditioning to build a stronger foundation for all your powermoves.

**inspireJAM Registration**                      **7:00pm**  
**inspireJAM B-Boy/B-Girl Battle**                      **8:00pm**

### **SATURDAY, FEBRUARY 7**

**Contemporary Modern Technique**                      **11:00am-12:30pm**  
This class explores the qualities of released and off-balance dancing while daring students to find disparate qualities of stillness and explosion. Students are encouraged to develop an individual style driven by their internal life and the specificity of their bodies. By researching movement tasks as opposed to recreating shapes, students will begin to solve kinesthetic problems in a profound and personal way. We will focus on becoming compelling and magnetic performers, and working within a broad range of movements, from vigorous and athletic, to gestural and theatrical. The movement is approached from many systems: muscular, skeletal and nervous system, inviting dancers to work with versatility, intuition, strength, flow, stamina and ease. Multi-cultural inspirations are drawn from a broad range of musical styles and rhythmic complexities.

**Doug Elkins Modern Hip-Hop Fusion**                      **1:00pm-3:00pm**  
A self-described ‘magpie’ who likes to make dances from all sorts of incongruous material, critically-acclaimed choreographer Doug Elkins conducts classes that pay homage to the great masters of modern, hip hop, martial arts, and ballet with a touch of Keaton veering towards Lenny Bruce (old school Tosh.0). Fun and invigorating, this is an opportunity to learn more about somatic practice while listening to a wide array of great music. Please wear comfortable clothing and bring knee-pads and shoes/sneakers to dance in.

### **SUNDAY, FEBRUARY 8**

**Intermediate/Advanced Ballet**                      **1:00pm-2:30pm**  
Intermediate/Advanced Ballet class with Ballet Master Fidel Orrillo from the Rochester City Ballet.

**Doug Elkins Choreography, Etc.**                      **3:00pm-4:30 pm**  
Doug Elkins will bring a cast of 4 dancers to perform Mo(or)Town/Redux, a contemporary dance take on Shakespeare’s Othello and Jose Limon’s “The Moor’s Pavane.” This will be coupled with a panel discussion featuring Elkins, his collaborating dramaturge Anne Davison and Shakespeare specialist/Eastman professor Jonathan Baldo.

### **MONDAY, FEBRUARY 9**

**DAN 113 Moving Into Stillness Meditation**                      **9:00am-10:15am**  
*Due to the quiet nature of this class, no latecomers will be admitted.*  
The aim of this course is to discover the benefits of slowing down amid the constant motion of daily life. This class will be experiential in nature. Students will be guided in meditation, restorative yoga, and other mindful practices.

**DAN 268 Intermediate/Advanced Contemporary Ballet****10:15am-11:40am**

A class that builds on the fundamentals of beginning ballet technique. This class will include barre, center, and across the floor combinations, striving for correct body placement, dynamic moving, musicality, and somatic awareness.

**Yoga Tone****12:30pm-1:45pm**

Through a blend of yoga poses and conditioning exercises, this class offers a style of power vinyasa yoga designed to build core strength, breath support, and total body connectivity. Students can expect to engage with a physically challenging practice that incorporates more movement than a traditional yoga class allowing for a deeper experience with kinesthetic sense, internal rhythm, and flowing energy. Concluding with a final savasana, students will leave the class feeling rejuvenated, open, and balanced. Some yoga experience would be useful, but is not necessary.

**DAN 296 The Art of Teaching Dance K-12****12:30pm-1:45pm**

This class invites anyone interested in seeing how creative dance develops our intellectual, physical, emotional, social, and ethical selves is welcome to join in the fun. The Art of Teaching Dance focuses on incorporating movement into K-12 curriculum. The class will be focus on the element of "space" during its inspireDance class.

**DAN 225 Yoga II: Continuing the Journey****2:00pm-3:15pm**

Yoga is described as both a process, a journey and a goal. In this Anusara based method, continuing yoga students will learn how to extend and refine their skills and learn more fully what it means to live yoga, both "on and off the mat." Through a steady engagement of the practices of asana, pranayama, reflection and journaling, the student will cultivate a deeper relationship to self and others, while enjoying the support of the "kula" or community. The process of yoga requires self-effort to attain the goal of self-awareness, and it is a journey filled with discovery, fresh perspectives and potential joy. Students will continue their explorations of biomechanics, the principles of attitude, alignment and action, yoga philosophy, and participate in assigned readings, discussion and journaling. Attendance in selected workshops and performances are required.

**DAN 204 Contact Improvisation and Culture****3:25pm-4:40pm**

A beginning contact improvisation class will be offered to teach the participants very basic skills and provide opportunities to move and interact with others. Contact improvisation is an improvisational approach to movement based on weight, momentum and touch. It's roots are from modern dance, martial arts, and somatic studies. The students will welcome newcomers and assist your understanding and participation in the form.

**DAN 283 West African Dance and DunDun****4:50pm-6:05pm**

Taught by a long-time member of Les Ballets Africains, the national ballet of Guinea, instructor Fana Bangoura will introduce students in this course to dynamic dance traditions of West Africa and will join with them the power of percussion. Students will also become familiar with the origins and cultural significance of each dance, and the songs that accompany them. By breaking down the drum parts alongside the traditional dance movements, students experience dancing and drumming in perfect unison. This opportunity is geared for both drummers and dancers and is highly recommended for all skill levels.

**DAN 171 Capoeira: Brazilian Art Movement****4:50pm-6:20pm**

An art form of self-defense with aerobic and dance elements that brings together a harmony of forces. Open to all, Capoeira balances the body, mind, and soul and enables one to break through limits, revitalizing oneself for everyday life. This class will look at flow of movement and an introduction into inversions.

**DAN 273 Capoeira Strategies and Improvisation****6:30pm-7:45pm**

Capoeira is an African-Brazilian art form of self-discovery bringing together a harmony of forces; including dance, music and combat in the form of a game of strategy. This class will provide a closer look into Capoeira's improvisation and strategic qualities through various improvisational techniques.

## **TUESDAY, FEBRUARY 10**

### **DAN 110 Beginning Modern Dance Technique 9:40am-10:55am**

This class will serve as an introduction to modern dance technique. Emphasis will be on coordinating breath with movement and learning about patterns of total body organization as described by Laban, Bartenieff, Hackney and Evans. No prior training is necessary or expected and students who have had prior training will be challenged individually. These concepts will be explored throughout the class using various combinations of dance repertory.

### **DAN 278 Choreography 11:05am-12:20pm**

Students will experiment with improvisational structures and various methods of making dances, focusing on examining craft in the service of choreographic expression. Students will be encouraged to curiously and playfully embody manipulations of movement material to better understand different points of view and to see how it affects the quality and communicative content of movement. Participants will learn moving and standing meditations and also an exercise for relaxing the body, breathing, and mind.

### **Hawaiian Dance 12:30pm-1:45pm**

Hula is an ancient dance form from Hawai'i. This cultural dance is steeped in history and meaning that we will just begin to dive into during this workshop. With its unique music, movement techniques, and teaching methods, Hula is a lifelong journey. In this brief workshop we will be covering a brief history of Hula, learning basic movements and practicing original choreography.

### **DAN 150 Beginning Contemporary Dance 12:30pm-1:45pm**

A beginning level contemporary class that focuses on full-bodied and dynamically varied movement. The class will allow students to perform and create basic phrases, while paying attention to the mind/body connection, breath support, and proper alignment.

### **DAN 209 Experiencing Qi Gong: Qi Gong Way to Health 2:00pm-3:15pm**

Qi Gong is an ancient Chinese internal art and an early forerunner of Tai Ji Quan. It is an Eastern Movement Discipline (EMD) which embodies a holism of Eastern martial arts and Eastern meditation. Qi Gong provides the dancer and athlete with healthy lifestyle practices and fitness training for better breathing, body awareness, focus and concentration, mental presence, imagery, and cultivating and expressing energy flow. Participants will learn moving and standing meditations and also an exercise for relaxing the body, breathing, and mind.

### **DAN 211 Experiencing Tai Chi: Tai Chi Explorations 3:25pm-4:40pm**

Tai Chi is a traditional Chinese martial art and a valuable cross training exercise for the dancer which provides training for relaxed strength, whole body coordination, balance, centered alignment, timing, weight shifting and moving with fluid grace. Participants will learn the first section of six forms of the popular standard Simplified 24-Step Taijiquan (Ershisi Shi Taijiquan) along with the foundation skills of Reeling Silk (Chan Si Gong), Standing Pole meditation (Zhan Zhuang) and key points for beginners.

### **Dance Improvisation 4:50pm-6:05pm**

This course is designed for those with some dance experience who possess an interest in exploring improvisational mechanisms for generating movement and dance. It expands on contemporary concepts to support the inquiry into corporeal practices for technical development, conditioning, performance, and composition. Supporting artistic expression and community development is at the forefront of this class.

### **Middle Eastern Dance: Folkloric/Bedouin 6:30pm-7:45pm**

Come and immerse yourself learning an Egyptian Drum Solo. This specific dance form will consist of strong hip movements, torso and shoulder movements, and fancy foot work. We will explore asymmetrical dance steps to

strong percussion rhythms. This style of Middle Eastern Egyptian dance is performed with the dancer interpreting the drums to the audience.

**Bharata Natyam- Classical Indian Dance 8:00pm-9:30 pm**  
Space and movement. Exploring through Indian classical dance.