

EQUINOX 2024 CLASS SCHEDULE

	Saturday October 5
10-11am	Yoga for Dancers All Levels Kristin Wagner
11am-12:30pm	West African Technique Open Level Angela Gibson
12:30-1:30pm	Lunch Break & Panel Discussion Dancer Health: Mind & Body with Angela Gibson, Tony Guglietti & Kristin Wagner
1:30-3pm	Partnering Open Level Kristin Wagner & Tony Guglietti

EQUINOX 2024 CLASS SCHEDULE

	Sunday October 6	
10-11am	Improvisation All Levels Alexandria Nunweiler	
11am-12:30pm	Four legged fundamentals Intermediate Jedidiah Taylor	Contemporary JAM Advanced Alexandria Nunweiler
12:30-1:30	Lunch Break & Panel Discussion Careers in Dance with Alexandria Nunweiler & Jedidiah Taylor	
1:30-3pm	Contemporary JAM Intermediate Alexandria Nunweiler	Four legged fundamentals Advanced Jedidiah Taylor

EQUINOX 2024 CLASS DESCRIPTIONS

Yoga with Kristin	Yoga is an eight-limbed practice of self discovery and community awareness that is cultivated through mental, physical and spiritual explorations; the physical practice of yoga is known as asana, which is what this class will explore. In this flow style class, students will be prompted to connect deeply with their interior selves through meditative moments and mindful pose sequencing. You can expect to strengthen and lengthen your muscles in equal measure, with plenty of opportunity to explore poses at your own pacing and depth.
West African Technique with Angela	Students will learn a song first and then they will learn a rhythm called Sounou. Sounou is a rhythm from Mali West Africa that is done for celebration. It is a popular rhythm that is danced all over West Africa.
Partnering with Kristin & Tony	We believe that anyone can partner anyone, no matter your physical size or strength. In this contemporary partnering class, we will guide participants through exercises designed to build trust and awareness, together cultivating a sense of physical empathy and a deep understanding of the self in relation to others. We will counterbalance, share weight, fly, fall and laugh, all while building a million miniature dances together.
Four legged Fundamentals with Jedidiah	<u>Intermediate</u> : Explore fundamentals of mobility and flow patterns with four legs. Explore Rolls, transitions and inversions at an intermediate level to increase your floorwork vocabulary. <u>Advanced</u> : Explore advanced mobility and flow patterns. Investigate rolls, transitions and inversions to broaden your floorwork vocabulary.
Contemporary JAM with Alexandria	Led by curiosity, Contemporary JAM pulls from contemporary and modern techniques to get all bodies moving to their internal rhythms with the intention to better understand what we are doing inside and outside of ourselves. You can expect an exploratory warm up and juice floorwork that builds to a phrase.