

The Home Grown Dance Series
and
The Home Grown Exploration Series

Specialized for your group - to your living room, or virtually to your live classroom
Pre-call included for initial setup, structure (discussing the needs of your group), date/time, and payment

Home Grown Dance Series

Technique

- Catered to your style - includes a 15 minute pre-call to discuss the needs of your group
- A 1-hour zoom class which includes technique catered to your program
- A short 'seed phrase' combination for you to work from going forward

Improvisation

- 45 minute zoom class improvisation catered to your performers.
- Improvisations to choose from include:
 - Traditional - Breath Centered and Gestures
 - Elements – pick one from: 1.Space - Shape – Time, 2. Qualities, 3. Laban Efforts
 - Improv with Props

Set Choreography (to music of your choice)

- 40 min class of a set amount of choreography, catered to your program needs, which I will teach your performers
- This class does not include technique, but technical information will be given as the phrases are taught
- Length of phrase(s) will be discussed prior, based on the experience level of your performers

Home Grown Exploration Series

Choreography Class for Solos

- Series of 3 classes – each class taught separately either on zoom or through video tutorials
- Performers/instructors will learn the essentials of choreographing a solo with a beginning, middle, and end
- You may choose to take only the first in the series, as that is intended as a prerequisite for the other two
- Will involve some improvisation, but it is recommended that performers are familiar with improvisation prior

Building Blocks for Choreography

- For instructors who want to add to their vocabulary, and find ways to dig into a new way of coming up with movement that is characteristically you, and can enhance your big dance 'moments', as well equipment phrases
- Will include a discussion period, followed by hands-on movement and exploration

Finding Genuine Performance

- This is a class for instructors, (performers welcome with instructors), to dive into finding techniques to get your performers to experience authentic emotion through dance
- Discussion and activities will help develop methods of discovering the personality of a movement and a phrase

Other Offerings:

One-on-One Sessions • Yoga Classes • Pre-recorded sessions • Lesson plans

Contact and Pricing:

Affordable: Please contact me to discuss your needs; pricing based on your current resources
Text or call: 408-234-5768 Email: openspacesdance@me.com Visit: OpenSpacesDance.com

It is recommended that all classes be held on your zoom platform, hosted by you