

Carol Abohatab/*OpenSpacesDance* presents:

The Home Grown Dance Series

Specialized for your group, for your living room, or virtually to a classroom

For all classes: *Pre-calls* to speak about your specific needs will be scheduled at least 24 hours *before* your class, and are separate from your initial inquiry for asking questions and setting up class time(s) (which can be done by email, text or phone)

Contact me for pricing **Affordable:** will be determined together, based on your needs and resources

Home Grown 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.

Home Grown Improvisation

- 15 min pre-call to discuss the specific needs of your group
- 45 minute zoom class improv catered to your performers.
- Improvisations to choose from include:
 - Traditional - Breath Centered
 - Gestural
 - Elements – pick one from: 1.Space - Shape – Time, 2. Qualities, 3. Laban Efforts
 - Improv with Props

Set Choreography (to a song of your choice)

- 20 min pre-call
- 40 min class of a set amount of choreography, catered to your program needs, which I will teach your performers.
- Includes the recorded zoom video link.
- 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.

Choreography Class for Solos

- Series of 3 classes – each class taught and paid separately
- Performers and any instructors from your group will learn the essentials of choreographing a solo with a beginning, middle, and end, from the ground up.
- You may choose to take only the first in the series, as that is intended as a prerequisite for the other two.
- These are one-hour sessions, and will involve some improvisation, but it is recommended that performers are familiar with improvisation prior.

Building Blocks for Choreography

- Part of the Home Grown Exploration Series*, this class is 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.
- This class will have a discussion period, followed by hands-on movement and exploration.

Finding Genuine Performance

- Part of the Home Grown Exploration Series*, this is a class for instructors, with or without their performers, 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

Please inquire about pricing for these offerings directly with Carol

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 (adding me as cohost)**