



The Movement Project

Dance School Offerings

E-Mail: grace@themovementproject.org

Web: www.themovementproject.org



Taught by
TMP
Professional
Company
Dancers!

Modern/Contemporary

Choreography Class

Modern Lifts and
Weight Sharing

Pilates

Dancer Wellness

TMP Company
Repertory

The Movement Project's mission is to challenge perspectives, evoke social change and bridge communities through the power of movement. TMP redefines the status quo and questions predetermined notions of what should be. We do so by creating thought provoking work, providing affordable and accessible dance education and performance to all communities, making space for dance and providing programming that supports the needs of today's local artists.



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Modern/Contemporary

This class will focus on the core concepts of space, time and energy and well as the qualitative approach to movement. Each class will integrate a wide range of modern techniques, such as Release, Limon, Horton, and Gaga technique. Through floor work and phrase work, students will explore concepts of weight, quality, effort, spatial/physical awareness and clarity in movement. This class will also have elements of improvisation which is the exploration of choreographic concepts used to develop unique, innovative movement vocabularies in real-time.

Choreography Class

Focusing primarily on the practice and teaching of foundational choreographic design, students will learn a variety of concepts or “tools” to assist them in the choreographic process; theme and variation, repetition, improvisation, and the core element of body, space, time, and energy. From this base, students will develop movement material into performable dances.

Modern Lifts and Weight Sharing

In this class students will learn the foundation for lifts and weight sharing used in professional Modern Dance and Contact Improvisation. Through the teachings of balancing, negotiating, and shifting weight, student will learn how to lift in duets and groups.

1hr Class

1.5hr Class

2hr Class

Host over 2hrs of
classes receive
10% off total cost





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Pilates

The Pilates technique focuses on centering, control, concentration, flow, breath, and precision. This training will decrease chronic pain and increase range of motion. Pilates is very beneficial to dancers and is a great supplement to studio or professional dance training, helping improve posture and strengthen/tone abdominals, back, buttocks, arms and legs.

Dancer Wellness

This class will target the wellness of the dancer's body and will instruct students through exercises to release muscular tension, improve strength, and prevent injury. Dancers will use various props and exercises beneficial to keeping them pain and injury free. Tools and exercises learned in this class will be formatted in a way that is easily applicable for students to continue their use in the future; decreasing their chance of injury and increasing their ability.

TMP Company Repertory

During this class students will get a chance to learn like a TMP company member. Exercises we use in company class will be used, utilizing Improv, phrase work, and body sensory experiences. Students will also have the opportunity to learn a piece of phrase work from one of TMP's performed works!

1hr Class

1.5hr Class

2hr Class

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