

DAN-358 : Movement Studio for Somatics

This techniques class integrates the understanding of somatic principles with the development of intermediate-level modern dance technique. Students will discover ease and efficiency in movement, develop movement virtuosity, adopt practices to prevent injury, and expand their ability to express a wide range of movement dynamics. In deepening one's mastery of modern dance, the application of somatic practice promotes integrating physical, emotional, anatomical, and aesthetic understanding through conceptual and experiential practice. Learning methods will include discussions, readings, experiential-based movement explorations, hands on guidance, and technical practice of modern dance.

Credits 2

Instructional Method

LEC

Required Prerequisites

Intermediate-level ability in dance technique as evidenced by completion of a 200-level dance technique course or through consultations with the instructor.

Semester Offered

Offered As Needed