

Resources for Dancers 2025 - 2026

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Injury Prevention

Harkness Center for Dance Injuries: Injury Prevention Services & Programs

One-On-One Injury Prevention Assessment – FREE

614 2nd Ave, Suite G, 2nd Floor

<http://hjd.med.nyu.edu/harkness/patient-services/injury-prevention-assessments-and-workshops>

EXTRINSIC CONSIDERATIONS FOR DANCING AT HOME SAFELY:

<https://files.constantcontact.com/8110f869001/3864c0fb-49d2-4483-8709-0c92d4667c5d.pdf>

Dance Injury Physicians

Harkness Center for Dance Injuries at NYU Hospital for Joint Diseases

614 2nd Ave, Suite G, 2nd Floor

(212) 598 - 6022

harkness@nyumc.org

Sports Medicine Physician/Orthopedic Surgeon: Dr. Donald J. Rose, M.D.

Harkness Medical Center: Dance Clinic

240 E. 18th Street at 2nd Ave

(212) 427 - 7750

<http://www.donaldrosemc.com/Meet/>

Dancer rate at his private office

Dr. Stasia Blyskal, D.O.

119 West 57th Street, Suite 1520

(917) 597. 6894

www.stasiablyskaldo.com

Dr. William G. Hamilton, M.D. – foot & ankle specialty; Orthopedic Surgeon

343 W. 58th Street, #11

(212) 765 - 2260

wgh@drwilliamghamilton.com

<http://www.drwilliamghamilton.com/drwilliamghamilton/Welcome.html>

Dr. Alicia Carter, M.D. – Integrative Spine & Orthopedic Rehabilitation

315 Madison Ave, #1200

(212) 794 - 7040

<http://www.newyorkspinedoctor.com/>

Dr. Richard M. Bachrach, D.O. FASOASM – Center for Sports & Osteopathic Medicine

317 Madison Ave

(212) 685 - 8113

<http://www.bonesdoctor.com/index.html>

Podiatrists

Dr. Lori S. Weisenfeld, DPM

161 Madison Ave, Suite 7NE
(212) 947 - 2320

Dr. Thomas M. Novella, DPM

343 W 58th Street
(212) 506- 0242
<http://www.thomasnovelladpm.com/about-dr-novella>

Physical Therapists

Westside Dance Physical Therapy

53 Columbus Ave, Suite 4
(212) 541 - 8450
<http://westsidedancept.com/services/resources>

Harkness Center for Dance Injuries – Physical Therapy & Athletic Training Services

(212) 598 - 6054
<http://hjd.med.nyu/harkness/patient-services/physical-therapy-and-athletic-training-services>

Orthopedic Movement Physical Therapy

15 W 44th Street, 10th Floor
(212) 575 - 8910
info@omptny.com
<https://omptny.com/contact-us/>
Languages: Japanese

Sheyi Ojofeitimi, D.P.T., O.C.S. – Divine Physical Therapy

(646) 729 - 8024
sojofeit@gmail.com

Sara Rakov, D.P.T.

(843) 822 - 6116
srrakov@gmail.com

Acupuncturist

Dr. G – New Herbal World Inc.

442 E 14th Street
(212) 254 - 5287
Walk-ins are welcome

Chiropractic

Dr. Bart Bargiel D.C. - Elevated Health

315 Madison Ave, 8th Floor

(646) 344 - 1912

Offices include P.T.s

*If you do not have health insurance, let them know Lena referred you

Massage Therapy

Anthony Lee

127 Hancock St, Brooklyn

(718) 915-5803

Dental Emergencies

Dr. Joseph Sachs & Associates

201 W 18th Street

(212) 929 - 7718

Emergency phone: (877) 676 - 8231

Psychiatry

Dr. Linda Hamilton

(917) 841 - 2169

talk2me@wellness4performers.com

Dr. Lisa A. Kotler, M.D. – Includes expertise in eating disorders & bulimia

NYU Child Study Center – NJ Office

411 Hackensack Ave, 7th Floor

Hackensack, NJ 07601

(212) 465 - 8111

Philip Gardner, L.C.S.W. – Psychotherapy/Psychoanalysis

26 W 9th Street, Suite 3E

(645) 415 - 3595

<https://philip-gardner.squarespace.com/about/>

Arden Greenspan-Goldberg, L.C.S.W., B.C.D. – Psychoanalyst, Psychotherapist

601 W 57th Street, Apt 19L

(914) 260 - 7177

askardengreenspan@gmail.com

<https://www.askardengreenspan.com/>

Nutrition

Monte Nido EDTNY Affiliate Treatment Center

111-117 W 72nd Street

(310) 457 - 9958 or (888) 228 - 1253

<https://www.montenido.com/>

mntc@montenido.com

Nutrition Therapist, Michelle Dougherty

<http://www.eating-disorders.info/>

Nutrition Coach, Michelle Pillepich

<https://michellepillepich.com/>

Blog for resources and coping skills for performers in ED recovery.

<https://www.theedrecoveryblog.com/>

National Eating Disorders Association

Helpline: (800) 931 – 2237

Click to Chat: <http://www.nationaleatingdisorders.org/information-referral-helpline>

Anonymous Screening: <https://www.mentalhealthscreening.org/screening/NEDA>

Find Treatment: <http://www.nationaleatingdisorders.org/find-treatment>

Dawn Theodore – Eating Disorder & Addiction Specialist

(818) 679 – 6204

info@dawntheodore.com

<http://dawntheodore.com/>

Suicide Helpline

The Samaritans of New York: Samaritans Suicide Prevention Hotline

24 hours / 7 days

(212) 673 – 3000

Help-Line Telephone Services

24 hours / 7 days

(212) 532 – 2400

LIFENET

1 – 800 – 543 – 3638

Spanish: (877) 298 – 3373

Mandarin, Cantonese, Korean: (877) 990 – 8585

TTY: (212) 982 – 5284

Transgender Support

Ackerman Institute's Gender & Family Project

Gender-affirming services, training and research: <https://www.ackerman.org/gfp/>

GLSEN – The Gay, Lesbian, Straight Education Network

Resources for creating safe and supportive environments for youth: <https://www.glsen.org/>

The Trevor Project National organization focused on crisis and suicide prevention among lesbian, gay, bisexual, transgender and questioning youth: <https://thetrevorproject.org/>

Low Cost Option Directory

Free Clinics

New York City Free Clinic	(917) 544 – 0735
ECHO Free Clinic	(800) 836 – 1316
Al Hirschfeld Free Health Clinic	(212) 489 – 1939

Sliding Scale Facilities

***usually require proof of income and/or letters of support**

Metropolitan Hospital Center	(212) 423 – 6262
Bellevue New Patient Services	(212) 562 – 1000
Jacobi Hospital Center	(718) 918 – 5700
Health & Home Care	(866) 692 – 4663
Ryan Community Health Clinic	(212) 749 – 1820
Ryan Chelsea	(212) 265 – 4500
Ryan Downtown	(212) 477 – 8500
Bronx Health Center	(718) 320 – 4466
Caribbean House Health Center	(718) 778 – 0198
Dr. Betty Shabazz Health Center	(718) 277 – 8303
Queens Health Center	(718) 657 – 7088

STD/HIV Testing & Treatment – Department of Health Free Clinics

***Call 311 for the address and hours of the location nearest you:**

Central Harlem, Chelsea, Morrisania, Richmond, Crown Heights, Fort Greene, Corona, Jamaica, Rockaway, Manhattanville Renaissance

Asian & Pacific Islander Coalition on HIV/AIDS	(866) 274 – 2429
Rivington House	(212) 334 – 7940

Women's & Reproductive Health Services

Breast Exam Center of Harlem	(212) 531 – 8000
Manhattan Breast Health Partnership	(800) 227 – 2345
Planned Parenthood NYC	(212) 965 – 7000
All Women's Medical Pavilion	(800) 868 – 1038

Mental Health Services

Bellevue Walk-in Psych Clinic	(212) 562 – 4721
Flatbush Psychiatric Center	(718) 769 – 4344
Brooklyn Heights Psychiatric Center	(718) 875 – 7510
Catherine Drury, Psychologist	(646) 883 – 2906

\$10 Performance Tickets!

Joyce Pass: joyce.org

Dance Centers

Gibney Dance Center <http://www.gibneydance.org/>
Movement Research <http://www.movementresearch.org/>
Peridance <http://www.peridance.com/>
Mark Morris <http://markmorrisdancegroup.org/>
Steps on Broadway <http://www.stepsnyc.com/>
Martha Graham Dance Center <http://www.marthagraham.edu>
Broadway Dance Center <http://www.broadwaydancecenter.com/>
Class Class Class: <http://www.classclassclass.org/>
The Playground <http://www.theplaygroundnyc.org/>
Ailey <http://www.alvinailey.org/>
100 Grand <http://100grandsoho.wordpress.com/>
Paul Taylor Studios <http://ptdc.org/>
EXPG <https://www.expg-ny.com/>
Brick House NYC <https://www.brickhousedance.com/>
PMT House of Dance <https://www.pmthouseofdance.com/>

Performance Venues

Dixon Place <http://www.dixonplace.org/>
Brooklyn Arts Exchange <http://bax.org/>
Greenspace <http://www.greenspacestudio.org/>
Triskelion Arts <http://www.triskelionarts.org/>
The Joyce Theater <http://www.joyce.org/>
BAM <http://www.bam.org/>
Movement Research at Judson Church <https://movementresearch.org/>
The Field <http://www.thefield.org/>
The Kitchen <http://www.thekitchen.org/>
Danspace Project <http://danspaceproject.org/>
New York Live Arts <http://newyorklivearts.org/>
The Flea <http://www.theflea.org/>
Ailey Citigroup Theater <http://www.alvinailey.org/>

Career Counseling

Career Transitions for Dancers <http://www.careertransition.org/>
The Field www.thefield.org

Rehearsal Space

NYCPA <http://nycpaspaces.org/>

Gibney Dance Center <http://www.gibneydance.org/gibney-dance-center/studio-rentals/>
Graham <http://www.marthagraham.org/studio-rental/>
Triskelion Arts <https://www.triskelionarts.org/rentals>
Pearl Studios <http://pearlstudiosnyc.com>
BAX <http://thebuilding.bax.org/rehearsal/>
New York Live Arts <https://newyorklivearts.org/spaces/studios/>
Center for Performance Research <http://www.cprnyc.org/studio-rentals/>
Jonah Bokaer Arts Foundation <https://www.chezbuswick.net/rentals-1>
Fourth Arts Block NYC <http://www.fabnyc.org/danceblock/>

Audition Listings

<https://www.dance.nyc/>
<https://www.backstage.com/>
<https://answers4dancers.com/>
<https://www.nyfa.org/>
<https://www.danceusa.org/>
<http://www.idealists.org/>
<http://americandanceguild.org/>
<http://www.fracturedatlas.org/>

Housing

Gypsy Housing – Facebook group for artists to find apartments
StreetEasy <http://www.streeteasy.com/>
Rent Hop <http://www.renthop.com/>
Zillow <https://www.zillow.com/>

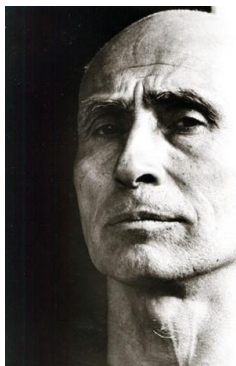
Commuting

Subway System: Base fare \$2.75, 30-day unlimited ride \$121
Citi Bike Rentals: 24 hours \$9.95 + tax, annual membership \$95 + tax

Bartering

Ourgoods <https://ourgoods.org/>
U exchange <http://www.u-exchange.com/>
Barter Quest <http://www.barterquest.com/>

Bio Book



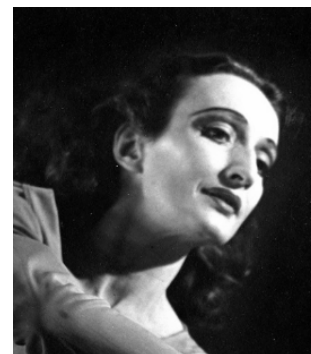
José Limón – Founder + Choreographer

José Limón (1908-1972) electrified the world with his dynamic masculine dancing and dramatic choreography. One of the 20th century's most important and influential dance makers, he spent his entire career pioneering a new art form and fighting for the recognition and establishment of the American Modern Dance. Born in Culiacán, Mexico in 1908, he moved to California in 1915, and in 1928 Limón came to New York and saw his first dance program. Limón enrolled in the dance school of Doris Humphrey and Charles Weidman and, from 1930 to 1940, performed in works created by his teachers.

In 1946, with Doris Humphrey as Artistic Director, Limón formed his own company. Over the following 25 years, he established himself and his company as one of the major forces of 20th century dance. Limón was a key faculty member in The Juilliard School's Dance Division beginning in 1953 and continued choreographing until his death in 1972. Limón choreographed a total of seventy-four works, including *The Moor's Pavane*, *Missa Brevis*, *There is a Time*, *The Traitor*, and *Psalm*.

Doris Humphrey – Founder + Choreographer

Doris Humphrey (1895-1958) was one of the founders of American modern dance. She directed the Humphrey-Weidman Company between 1928 and 1944, which produced great dances as well as some outstanding performers, José Limón among them. In 1947 she became the Artistic Director for José Limón and his company, creating new works for him. Her legacy is a distinctive movement approach based on the body's relationship to gravity and the use of weight, and her choreographic contribution includes many works considered modern dance classics.



Dante Puleio – LDC Artistic Director + Faculty

A widely respected former member of the Limón Dance Company for more than a decade, Puleio was appointed only the sixth Artistic Director in the Company's 74-year history, a position that originated with Doris Humphrey. After a diverse performing career with the Limón Dance Company, touring national and international musical theatre productions, television and film, he received his MFA from University of California, Irvine. His research focuses on framing mid 20th century modern dance for the contemporary artist and audience. He is committed to

implementing that research by celebrating José Limón's historical legacy and reimagining his intention and vision to reflect the rapidly shifting 21st century landscape.

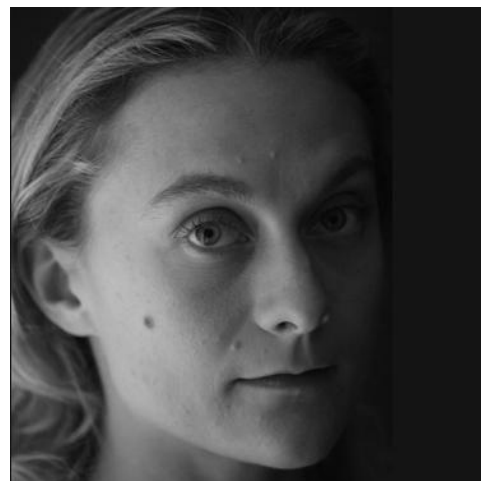
Logan Frances Kruger - LDC Associate Artistic Director + Faculty

Logan Frances Kruger hails from Atlanta, Georgia, where she trained with Annette Lewis and Pamala Jones-Malavé, and went on to receive a BFA from The Juilliard School. Logan has performed in theaters across five continents, working with choreographers such as Adam H. Weinert, Jonah Bokaer, with the company Shen Wei Dance Arts, and with Damian Woetzel's DEMO. Logan has been a member of the Limón Dance Company since 2009, performing featured roles in works by José Limón, Jiří Kylián, Rodrigo Pederneiras, and Kate Weare, and became the Company's Rehearsal Director in 2017. As a teacher, Logan has worked with students of all ages and levels in North and South America, Europe and Africa, and is currently on faculty at the Limón Institute. Logan also acts as a reconstructor of Limón's dances and has staged works for the Limón Institute's Professional Studies Program, DanceWave, and the Vail International Dance Festival.



Kathryn Alter

KATHRYN ALTER teaches the Limón Company, students of the Limón Institute, is an adjunct professor at Hunter College and, internationally, leads Limón workshops and reconstructs the works of José Limón. It has been her great pleasure to be a part of the implementation of Limón4Kids in Mexico City as a part of Saludarte. She was a member of the Limón Dance Company for fifteen years, earning accolades such as: "Watching Ms. Alter devour space...I suddenly remembered how amazing José Limón was." (Juan Michael Porter II Dance Enthusiast,) and "Exuded a joy that made you want to get onstage and breathe the same air." (Susan L. Pena, Reading Eagle.) Ms. Alter attended Interlochen Arts Academy, graduated from Purchase Conservatory of Dance with the highest honors in 2001, and is currently pursuing her MFA from Hunter College. She was a founding member of Riedel Dance Theater, and danced with Alan Danielson and Kazuko Hirabayashi. Her choreographic work has been shown across the United States and in Mexico, and in 2011, Kathryn Alter and Dancers began with the presentation of three solos as a part of the Soliloquios y Dialogos Festival at Los Talleres de Coyoacán in Mexico City. Ms. Alter is a part of the N.A.D.I.N.E. Project (<http://www.nadineproject.com>), and helps to organize the Choreographers' Collective concerts in New York City. Her most recent choreographic commissions were created in Kansas at Friends University, Arizona for Instinct Dance Corps, and at the Conservatorie A Rayonnement Regional in Reunion Island. She has been presented as part of MAD (Movement and Dance) Weekend at Nazareth College, Dance at Socrates in Queens, Spring Movement, and Performance Studio Open House at Center for Performance Research in Brooklyn, and the American Dance Guild Festival. Alter was a 2014 recipient of a CUNY Dance Initiative residency, a 2018 Dance at Socrates Artist, and was named PSP Associate Program Director in 2018.



Kurt Douglas

Kurt Douglas is an associate professor of dance, specializing in technique, repertory, and pedagogy for modern dance. Douglas also serves as artistic director for Boston Conservatory at Berklee's Summer Dance Intensive (SDI). A graduate of New York's LaGuardia High School of Music and Art and the Performing Arts and originally from Guyana, Douglas earned a B.F.A. in dance from Boston Conservatory and an M.F.A. in dance from Hollins University. After graduating from the Conservatory in 2001, he joined the Limón Dance Company. He received a 2002 Princess Grace Award and was honored by an invitation to perform for the royal family of Monaco. In 2007, Douglas became the first African American to portray Iago in *The Moor's Pavane*, José Limón's most famous work. Douglas was named one of *Dance Magazine's* "Top 25 to Watch" in the January 2006 issue. He danced from 2002 to 2007 in the Radio City Christmas Spectacular and joined Ballet Hispánico from 2005 to 2006 under the direction of Tina Ramirez. In 2009, he joined the Lar Lubovitch Dance Company during their 40th anniversary season, touring throughout the United States and Asia. In 2011, he began touring with the Tony Award-winning Musical *A Chorus Line* throughout the United States, Japan, Singapore, and Australia.



Eric Parra

Eric Parra, a native of Union City, New Jersey, began his formal dance training at Montclair State University where he graduated with a Bachelor of Fine Arts in Dance Performance (2017). Mr. Parra attended Earl Mosley's Institute of the Arts for 4 consecutive summers during his time in school. Eric has danced for Carolyn Dorfman Dance, Earl Mosley's Diversity of Dance, Maxine Steinman & Dancers, Pajarillo Pinta'o, and Doug Elkins Choreography, etc. He has staged works at Union City High School, Montclair High School and Montclair State University. In addition, he has assisted Mr. Mosley in setting repertory at The Joffrey Ballet School, Manhattan Youth Ballet, and CityDance DREAM. Mr. Parra is the recipient of the 2016 Martha Hill Dance Fund Young Professional Award and the 2017 Linda Roberts Outstanding Senior Dance Award. This is Eric's second season with the Limón Dance Company.



Nicholas Ruscica

Nicholas Ruscica is a New York based dance artist originally from Toronto, Canada. He is a President's Merit Scholar (Calarts, BFA) as well as a trained unarmed actor combatant. Since joining Limón in 2020, he has collaborated with artists such as Aszure Barton, VIMVIGOR, Kayla Farrish, Raul Tamez, TOES for Dance and Oliver Tarpaga. Nicholas has had the pleasure of performing throughout North America and Europe in theaters such as Stadttheater Fürth (Germany), Bellas Artes (Mexico City) and New York City Center, in



festivals including Jacob's Pillow, Vail International Dance Festival and Fall for Dance. Additionally, Nicholas enjoys teaching Limón Technique and Floorwork. He has taught workshops and assisted in lecture demonstrations at Princeton University, University of Minnesota, The Limón Institute, The National Ballet School of Canada and Canadian Contemporary Dance Theater.

Frances Samson

Originally from Toronto, Canada, Frances is a former company dancer (2013-2015) and guest artist of the Canadian Contemporary Dance Theatre, performing the works of José Limón, Colin Connor and Ofilio Sinbadinho Portillo. In 2016, she attended Ryerson University's School of Performance prior to officially joining the Limón Dance Company in the fall of 2017. She has received additional training from summer studies with Hubbard Street Dance Chicago and Arts Umbrella. Frances has had the pleasure of performing for Walt Disney World, TEDx, Miss Universe Canada, Rotary International and Frog in Hand. She is currently a guest artist in the multicultural and multidisciplinary project, *The Gravity Between* directed by Jacqueline Bulnes in collaboration with Niklas Emborg Gjersøe. Frances has participated in numerous festivals such as the Jacob's Pillow Dance Festival, the José Limón International Dance Festival (New York & Sinaloa), the Commonwealth Youth Dance Festival and the Fringe Festival (Toronto & Rochester). Frances has had the opportunity to teach for Cawthra Park Secondary School's Regional Arts Program, Peel District School Board, The Royal Theater Ballet School Odense and Snowy Range Summer Dance Festival, amongst others. Most recently, she was an Artist in Residence at the Danish National Academy of Music in Esbjerg, Denmark sponsored by the Department of Global Affairs Canada. Frances continues to freelance in Toronto, teaching, performing and rehearsal directing.



Mark Willis

Mark Willis, a New York City native, began his formal dance training at Montclair State University, where he received his B.F.A. in Dance. At MSU, Mark performed works by José Limón, Earl Mosely, Bill T. Jones, Anna Sokolow, May O' Donnell and Maxine Steinman. He was also the recipient of the Jeanne Wade Henningburg Scholarship and Spirit of Dance Award given by the Department of Theatre and Dance. In 2008, Mark had the privilege of performing with The Cadets Drum and Bugle Corps in President Barack Obama's inauguration parade. In 2014, Mark's solo piece, "Save Me" was selected to be performed at the American College Dance Festival at the Kennedy Center in Washington D.C, where it accorded positive reception and praise. He has also had the pleasure of working with Douglas Dunn and Dancers, ARCOS Dance, Christina Noel and The Creature, WHITE WAVE Dance, JOIN Ensemble, among others. Mr. Willis has taught and performed all over the United States, South America, Europe, Africa and Asia. His other interests include choreographing, composing, singing, modeling and playing the trumpet. Mark joined the Limón Dance Company in 2015. Instagram: @_marquillis





Kayla Farrish

Kayla Farrish is a Black American Director merging dance-theater, filmmaking, narrative, and sound score. She captures ranging identity, the mythical dualities of history and present survival, and powerful dreaming lending to liberation. Her commissions include Limon Dance Company, Gibney, Louis Armstrong House Museum, Danspace, Pepatian, Little Island, Harlem Stage, Blacklight Summit and beyond. Some works formed: *Black Bodies Sonata*, *The New Frontier: My dear America*, *Sunny Side/Inside the Laughing Barrel*, *December 8th*, *Martyr's Fiction*, and others. She creates live works, films, site-specific/immersive, and collaborations. She recently shared *Choir* (Carrie Mae Weems Exhibition), *To Dream A Lifetime* (BlackLight), *Roster* with Melanie Charles, MIXTAPES with Alex MacKinnon and site-specific *Broken Record* (Little Island) with Brandon Coleman, and *Rinsing and Harbor* films. Presenting spaces include Lincoln Center, Park Avenue Armory, Symphony Space, and National Sawdust, among receiving support from Watermill Center for the Arts, Armstrong Now, Brooklyn Filmmakers Collective, Baryshnikov Arts Center, La

Mama Experimental Theater, and others. She received the Sundance Uprise Grant for Emerging BIPOC Directors, Bessie Awards for NYLA's Motherboard Suite and December 8th-Gibney, NY Times Top 2021 Dance Performances- Roster and Breakout Star. She is a recipient of the Harkness Promise Award for 2022. During 2022, she was a Rehearsal Director for *Punchdrunk Sleep No More*, and adjunct faculty for NYU Tisch Dance. During 2023, she created new works for Arizona State University, LINES dance Training Program, University of Arizona. She has been commissioned to create a reimagined archival work for Limon Dance Company, and to collaborate with musician Trixie Whitley, for her new music tour. In her next company project, *Put Away the Fire, dear*, she is touring a group narrative work of radical imagination and liberation, supported by NEFA NDP Touring Dance Production Grant. She is also the 2023 recipient of Watermill Center Nina Von Maltzahn Fellowship and the Ellis Beauregard Foundation Contemporary Dance Award.

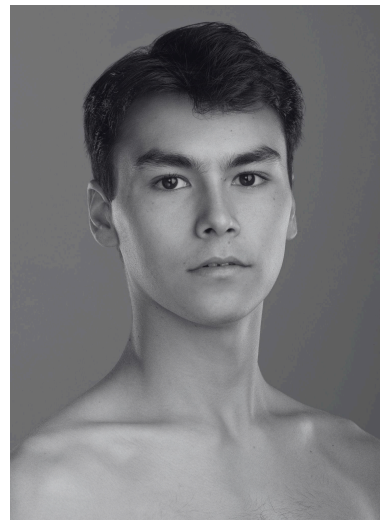
Limón Dance Company



Joey Columbus



Natalie Clevenger



Ian Debono



Kimani Keingatti



Johnson Guo



Mariah Gravelin

Limón

Limón



[Jessica Sgambelluri](#)



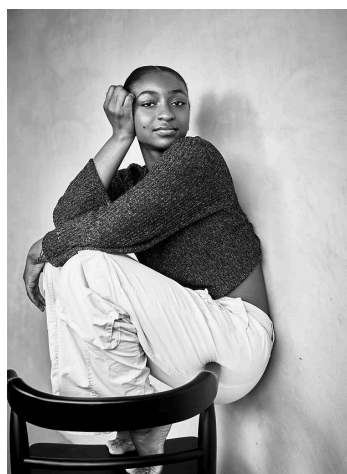
[Savannah Spratt](#)



[Lauren Twomley](#)



[Deepa Liegel](#)



[Olivia Mozie](#)

LIMÓN

466 West 152nd Street, 2nd Floor, New York, NY 10031 • tel 212.777.3353 ext. 13 • fax 212.777.4764 • limon.nyc

HUMPHREY / LIMÓN TECHNIQUE LENSES:

Wholeness & Sensuousness:

- o Bringing the whole person to dancing
- o Sensuousness in movement & in physical contact with the floor, own body, or another dancer
- o Sensuousness in real relation to the whole person
- o Personal engagement with drive to dance

Breath:

- o Connecting to breath as basic human/animal activity & support
- o Breath as expansion and deflation, and as taking in & putting out
- o Using breath to discover & open the body
- o Manipulating breath in quality & tempo to affect movement
- o Movement supported by breath & movement with quality of breath
- o Breath & time/musicality/scale

Opposition:

- o Active alignment as the act or allowing of vertical opposition through & beyond the body
- o Opposition in different directions & with different sense of distance
- o Opposition to create movement & to create stillness
- o Opposition as active counterpoint in more complex movement
- o Opposition of scale & intention
- o Opposition with more than one body

Fall & Recovery:

- o Inherent in everything, an inhale & an exhale, any walking step & ideas of resilience, night & day, the seasons, waves on the shore, weather, etc.
- o In action, use of gravity to create rebound through bounce or swing
- o The game between heavy & light
- o Focusing on the bottom & focusing on the top
- o The ability to manipulate speed, distance & direction of both falling & recovering
- o Development of personal charged understanding of the experience of gravity

Isolation & Succession:

- o The body is an orchestra
- o Sequential movement through the body
- o Clarity of counterpoint in the body
- o Succession with quality

Initiation & Arrival:

- o Clarity of initiation in dynamics and physical location
- o Making versus Allowing movement and initiation
- o Initiation from within or outside the body
- o Focus of movement toward initiation or arrival

Time, Rhythm & Musicality:

- o Ability to create pulse and breath rhythm
- o Rhythm as a manipulation of pulse and creation of more complex sense of time
- o Rhythms in scale from micro to long forms and the combination of these
- o The ability to create visual music
- o The ability to dance as a musician in relation to music and musicians

Space & Distance:

- o Space within the body and beyond the body (positive and negative space)
- o The ability to move space and draw it in
- o Greed for space
- o Earth and sky
- o Clarity of design and articulation as a result of action(s), direction(s), distance(s) and opposition

Momentum:

- o Creation and manipulation of momentum in simple and complex ways
- o Use of momentum to direct phrasing
- o Use of momentum to create surprise and stillness
- o Use of momentum in conjunction with the above concepts

Gesture, Focus, Drama and Story:

- o Use of hands in gesture
- o Movement of gesture throughout the body
- o Gesture as more or less abstracted statements or questions
- o Focus of sight, hearing, smell, taste and touch
- o Distance and width of focus
- o Nature of implied drama in all movement
- o Creation of atmosphere and story through accumulation of movement

Contact & Relation:

- o Quality of touch
- o Quality in physical contact with the floor, own body, or another dancer to create a more complex event
- o Quality of relation with contact and without contact
- o Use of varied relations to engage imagination

Applied Imagination:

- o Use of physicalized imagination to clarify movement
- o Direction of physicalized imagination to direct varied quality of movement
- o Targeting physicalized imagination to investigate movement
- o Use of physicalized imagination to investigate other concepts
- o Development of physicalized imagination to personally engage with movement to make it work better and be more expressive