

Dana Lawton Dances

One-Week Intensive @ ISB! Aug 14 – 17, 2018

Dana Lawton Dances company (DLD) is visiting ISB for a 1-week residency during their Asian tour! The multi-generational company is under the direction of Dana Lawton, a tenured associate professor at Saint Mary's College of California, and faculty member of the Shawl-Anderson Dance Center. DLD is offering workshops and a performance event at ISB incorporating our student-dancers into an evening-length concert, *Holding Space* , on Saturday, Aug 18th. The *Holding Space* performances will be selections from acclaimed past DLD works and projects from the One-Week Intensive. Come enjoy the unique perspective of DLD as they share new insights on what constitutes a dancer, and inspire people to reimagine what is possible.

{Dance Studio Schedules – 2F CC Building}

Studio A	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:45 – 3:45	Contemporary – Beginner MS/HS	Modern Dance Technique – (Dana Lawton) MS/HS	Contemporary – Beginner MS/HS	Modern Dance Technique – (Dana Lawton) MS/HS
3:55 – 4:55	Contemporary – Intermediate / Advanced MS/HS	Modern Dance Technique – (Dana Lawton) MS/HS	Contemporary – Intermediate / Advanced MS/HS	Modern Dance Technique – (Dana Lawton) MS/HS
5:00 – 6:30	Repertory Class with DLD company	Repertory Class with DLD company	Repertory Class with DLD company	Repertory Class with DLD company

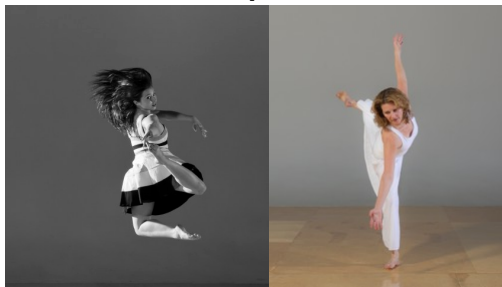
Studio B	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:45 – 3:45	Jazz – Advanced MS/HS	Ballet – Beginner MS/HS	Jazz – Advanced MS/HS	Ballet – Beginner MS/HS
3:55 – 4:55	Jazz – Beginner/ Inter MS/HS	Ballet – Intermediate/ Advanced MS/HS	Jazz – Beginner/ Inter MS/HS	Ballet – Intermediate/ Advanced MS/HS

ADULT FITNESS CLASSES with DLD – Location TBA

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:45 – 4:45	Adult Yoga	Pilates Mat Conditioning	Adult Yoga	Stretch & Strengthen

CLASS FEES – 550 THB or 500 THB 'Early Bird' before Aug 14th . **REGISTRATION** at ISB CAO.

WORKSHOP / CLASS INFORMATION



Contemporary Dance

A fast-paced class that is music-count oriented with an emphasis on relationship to the floor, inversions, and gestural work. (All levels – taught by Vera Schwegler, Robin Nasatir)

Jazz Dance

Jazz is a popular, high-energy form of dance. In this workshop participants will learn the technical elements of jazz dance focusing on dynamic self-expression. Class will include a thorough warm-up, center floor technique and traveling movement including stylized walks, kicks and turns. Students will have the opportunity to learn a Jazz routine created to cultivate personal style and expression. (All levels – taught by Jennie Smith)



Modern Dance Technique (with Dana Lawton)

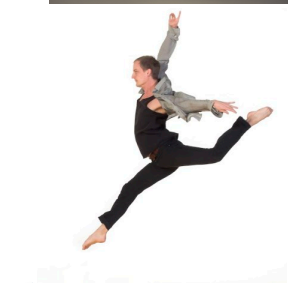
Dana Lawton's dance training and study of yoga deeply influences her class and pedagogy of movement. Detailed instructions of optimum alignment, breath, and connectivity to the earth are the hallmarks of her classes. Dana starts slow and builds upon thematic principles, i.e. lower back alignment, focus through the eyes, and expressiveness while dancing. Drawing from ballet techniques in center, rhythmic patterns when traveling across the floor and use of weight, directed energy, and fearlessness in the final combination; each class is a celebration through dancing!



Ballet

Ballet covers the basics of classical ballet at either the beginning or intermediate/advanced level. Class will focus on basic ballet technique, proper body alignment, French terminology and musicality.

(– taught by Garth Grimbball, John McConville; assistant Leah Hendrix-Smith)



Adult Fitness Classes with DLD!!

Yoga

Yoga is a timeless, pragmatic science evolved over thousands of years devoted to the physical, mental, and spiritual being. Participants will learn and practice asanas (poses) that will tone muscles, stretch ligaments, strengthen joints, activate internal organs, increase lung capacity, and quiet the mind. (all levels – taught by Dana Lawton, Vera Schwegler)

Pilates Mat

The Pilates Method is an ideal form of cross conditioning for all ages. The exercises are designed to improve whole body strength, balance, control, flexibility, muscle symmetry and coordination. Engage those deep core muscles! Help your alignment and move with more ease and control.

Stretch and Conditioning

Stretch and Conditioning is a class designed to keep bodies limber through strength and flexibility. (all levels – taught by Leah Hendrix-Smith, Vera Schwegler)

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