



**LIMÓN SUMMER SEMINAR FOR DANCE EDUCATORS**  
New York City (Marymount Manhattan College) July 19 – 30 2010

## **10% discount to licensed NYCDOE dance educators**

This workshop is open to experienced dance teachers and Limón-trained dancers. It offers a foundation for teaching Limón-based technique classes. Participants will take a daily technique class, followed by a series of sessions designed to guide each student to develop an individual approach to teaching based on Humphrey/Limón technique. The faculty includes **Alan Danielson, Roxane D'Orleans Juste, Carla Maxwell** and **Ann Vachon**. Below are brief descriptions of the various offerings:

- **Understanding Limón Principles** will identify and explore the basic underlying concepts of the technique, working toward both an intellectual knowledge and an embodied understanding of these concepts.
- **Limón and Humphrey Repertory** presents a variety of choreographic sequences, using them to illustrate the application of the principles, and to provide a common vocabulary of 'classical' Limón/Humphrey movement materials.
- **Contemporary Phrases** consist of movement sequences designed to integrate basic Limón principles while developing musicality, phrasing and expression.
- In **Phrase Work** participants use these same principles as a basis for developing original movement material that is suitable for technique class, with an emphasis on the specificity of movement quality, and the musical shape of the phrase. Attention is also paid to creating appropriate materials for varied levels of experience.
- **Rhythm and Music in Limón** addresses rhythmic issues encountered in Limón-based technique and explores how to work with rhythm to shape energy and movement quality. Working with Music addresses working with a musician, and finding suitable recorded music when necessary.
- **Observing and Evaluating Teaching Methods** involves observing Limón technique classes, and maintaining a log of the materials and methods employed. Follow-up sessions offer opportunities for discussion and analysis, as well as a forum to explore each participant's individual goals in integrating Limón principles into their teaching.
- **Teaching Early Class Work** and **Teaching Dance Phrases** provide an opportunity for participants to teach original movement material, with feedback. Attention will be given to the physical training needs at the beginning of class, as well as longer sequences that embody Limón principles and use a full range of dynamic qualities.

The program is an intense two weeks, starting at 10:00 and continuing each day until 4:30. Part-time attendance is not available. In addition, participants are requested to observe at least 5 classes at Peridance Capezio Center, which take place at 6:00pm Monday through Thursday, and at 11:00 am on Saturdays.

**If you have questions about this program please write to: [avachon@limon.org](mailto:avachon@limon.org) or [bbrown@limon.org](mailto:bbrown@limon.org)**