

ARTIST IN RESIDENCE

# SUMMER DANCE INTENSIVE AND PERFORMANCE

WITH CHANTHOU LAM



## TECHNIQUE CLASS

The three-week full commitment summer intensive involves learning technique and choreography over the span of three weeks followed by a community performance. Classes will be offered for beginner level on Tuesdays and intermediate/advanced levels on Wednesday with an all levels class on Thursday. Open studio sessions will be offered on Thursdays to further support dancers memorization of choreography.

Technique curriculum includes a daily technique class, where dancers will be guided through stretching and conditioning exercises with emphasis on Dunham technique that support a dancer's flexibility, strength, and overall fitness. Other styles will include modern/contemporary approaches to enhance the dancers knowledge with options to modify and maintain safety. All levels are encouraged.

## CHOREOGRAPHY CLASS

Choreography class immediately follows technique class are designed to allow the dancer of any level to experience a professional rehearsal process. While learning choreography and/or experimenting with choreographic principles, dancers will be introduced, if not already familiar, with learning the fundamentals and expectations of a professional dancer in the rehearsal process.

Classes are Tuesdays, Wednesdays and Thursdays 5:30-7:30pm June 11-27  
Open Studio sessions are Thursdays 7:30-8:30pm  
Community Performance will be Saturday, July 6  
All classes will be held at The Dance Sanctuary  
Must pre-register at [www.bluseedstudios.org](http://www.bluseedstudios.org)



NATIONAL ENDOWMENT for the ARTS  
arts.gov

Blu / Pen  
Artist Residency  
2023-2024

Community Arts Center  
BLUSEED STUDIOS