



Lois Flood and St. Joseph's Cultural Center present:

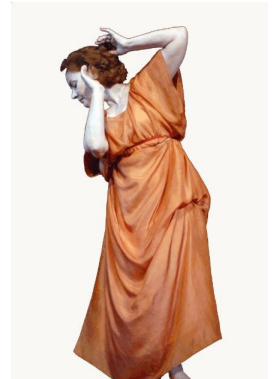
## An Isadora Duncan Workshop

Saturday, January 16, 2015, 1:30—3:30 pm  
410 Church St., Grass Valley

Isadora's dance gives expression to the soul through natural movements of the body. The workshop is design for all levels. Inspiration for isadora's dance is taken from nature, Greek classical art and music.

### First part:

The warm up will include Isadora's technique, moving and swaying from the solar plexus, lifting and swaying, emphasis on reaching towards the heavens, beautiful arm and hand gestures, delicate spring movements for the feet and ankles, rotating torso movements — all based on an individual's own natural body movement.



### Second part:

Across the floor movements includes, leg swings, waltzes, walking, small runs, and partnering. ancient archetypes will be used to represent movements in the repertory of Isadora Duncan.

### Third part:

A dance form Isadora's repertory will be taught along with one original piece of choreography.

All dancers will be given a tunic and scarf to use during class.

All will be given a cd of Schubert waltzes to keep. A short video of Isadora dancing will be shown at the beginning of the workshop.

A short discussion will precede the workshop.

This workshop is expressive of feminine strength and classical beauty.

Space is limited to 15. For reservations contact **St. Joseph's Cultural Center** at 272-4725. Workshop cost is \$30 payable to **St Joseph's Cultural Center** or **StJCC**.



*"To awaken human emotion is the highest level of Art "*

—Isadora Duncan