

Contemporary Dance class starting up in Hollywood!

Taught by Artistic Director of
PTERO Dance Theatre, Paula Present
Every Thursday, beginning on January 21
6:30-8:00 PM

\$10

Hollywood Dance Center

817 N Highland Ave, LA, 90038

Parking is behind the building and side streets, do not park on Highland
For more information, go to www.pterodance.org or email ptero@pterodance.org

Class Description:

This class for intermediate to advanced dancers. Warm up will be designed to strengthen and awaken the body. Organizing and aligning, creating a strong center using principles of Yoga, Pilates, dance conditioning, and ballet. Softening and articulating for suppleness using release technique and exercises to sequence and segment the spine. The second half of class, we will dance from the inside out, and the outside in, working on simple gestures to complex movement phrases.

Paula Present is the Artistic Director and choreographer of PTERO Dance Theatre. The company received grants from The City of Culver City, three times from the Puffin Foundation and twice from the Durfee Foundation's ARC grant, PTERO has garnered two Lester Horton awards. Present has performed and shown her work numerous LA venues as well as Tijuana, Mexicali, San Diego, Palm Desert, New Mexico, and San Francisco. She has taught contemporary master classes for two seasons at the San Antonio Metropolitan Ballet Summer Intensive, and has taught Pilates and the Gyrotonic System since 1998. She has choreographed 4 full evening dance works, as well as several shared evenings. She recently choreographed the music video for the band *Fanfarlo* (Harold T Wilkins) and was an assistant choreographer under JoAnn Jansen on a music video for the band *Beirut* (Elephant Gun). She also choreographed for a soon to be released documentary, *Bombay Beach*, all under the direction of Alma Harel. In March, PTERO will premiere a new work, *Joie de Vivre*, at Celebrate Dance Festival at the Alex. For five seasons, Present performed with Helios Dance Theater as well as Post House Dance Group, Eveoke Dance Theatre, Synaptic Dance Collective, co-founded Between the Raw Dance Collective. "The choreographer Paula Present has a gift for creating memorable body sculpture and for shaping a sophisticated, contemporary movement vocabulary..." (Lewis Segal, LA Times).