

Reflecting each teacher's aesthetic interests and artistic background, classes at Conduit Dance are both physical and stylistically diverse. Instructors are highly experienced in their art and generous with their knowledge. Drop-ins are welcome in all classes unless otherwise noted.

“Portland's incubator for contemporary dance.”

January 2 - March 24

- Oregonian



Ongoing Class Pricing

Single Class : \$14
8 Class Card : \$96*

(*Good for 3 months from date of purchase.)

Contact Improv: \$5-\$10 sliding scale

Raw Beginning: seven weeks for \$70 (\$10/class) available through Feb 16 only

Performance Workshop fees: \$85 (8 week session) \$14/drop in (attendance in Sat tech class req'd)

Please Note : Workshops, Master Classes and Studio Intensives have separate fee schedules and individual class costs.

MONDAY

Monday Night Play
Open Level
6-7:30 pm

Guest Artists

In this class series, a rotating group of teachers versed in the art and application of improvisation lead students through movement explorations which may include following intuition, increasing awareness, practicing scores, and creating physical and energetic clarity. Monday Night Play can help build confidence in generating personal dance vocabulary as well as give students the chance to work collaboratively with others to generate unique and memorable dance moments. All people welcome.

Teachers include: Noelle Stiles, Lucy Yim, Mizu Desierto, Susan Banyas, Emily Stone, Kristine Anderson, Danielle Ross & Karen Nelson.

TUESDAY

Training It All: Cultivating the Co-Presence of Technique, Self & Authenticity

Int/Advanced
6:30-8:00 pm

Linda K. Johnson

This post-Judson technique class will take a rigorous and varied approach to training the thinking, feeling, dancing body. Assuming a solid intermediate foundation of fundamental contemporary technique, we will work from a place of inclusion - acknowledging that many physical practices have relevance in this contemporary climate. Grounded in a somatic sensibility (many forms and influences), we will pay attention to what we are doing and how we are doing it; improvisation will be a tool. The intent of the class will be to advance each dancer's individual physical range while deepening his/her performative sophistication.

WEDNESDAY

Contemporary Technique Slow Intermediate
6-7:30 pm

Gregg Bielemeier

This class offers a careful approach to basic skills that increase range of motion, body awareness, coordination, and the capacity for movement memory while incorporating the use of breath to promote ease of motion. With a focus on enhancing sound body mechanics, strength, flexibility as well as acquiring fundamental skills and technique, this class is designed for the beginning dance student, those returning to dance after an absence, or those with other forms of movement experience. Students are encouraged to attend on a regular basis, but drop-ins are allowed.

Faculty bios available online at www.conduit-pdx.org



THURSDAY

Raw Beginning
5:30-6:30 pm*

Michele Ainza

Students will learn the basic skills needed to move fully and freely. Elemental knowledge in a variety of somatic techniques will be taught, including Bartenieff Fundamentals, Yoga, and Pilates. A focus on whole body integration, alignment, spatial awareness, rhythmic locomotive patterns, and directional changes will help students develop an understanding of inner-connectivity to support three-dimensional movement and personal expression. Individual movement signatures will be supported and challenged as students are encouraged to open their minds to new movement styles. Strength, flexibility, balance, proper alignment, endurance, and coordination will be cultivated.

*starts February 9

Somatic Technique Intermediate
6:30-8:00 pm*

Michele Ainza

A rich comprehension of whole body integration will be developed by using Bartenieff Fundamentals as a jumping off point. Other somatic practices such as Laban Movement Analysis, Pilates, Yoga, and other release techniques will be taught as a supplement to encourage and develop a heightened sense of personal movement signature and patterns. A broad movement vocabulary will be introduced consisting of floor work, inversions, traveling phrases and more complex dance combinations. Strength, flexibility, spatial awareness, balance, coordination and personal expression will be cultivated.

*starts February 9

SATURDAY

Contemporary Technique Intermediate
10-11:30 am

Gregg Bielemeier

This class explores a unique and idiosyncratic style of movement that is the product of strong technique, experimentation and a sense of humor. Class begins with a standing warm-up that incorporates breath, release and ease in the joints as well as strength, line and form. With an understanding and application of these elements, along with weight and direction, the result is one of whole-bodied dancing where the student is capable of executing simple to elaborate, loose-limbed, space-consuming movement.

Performance Workshop Int/Advanced
11:30 am-1:00 pm

Gregg Bielemeier

This special workshop is designed to offer dancers a focused experience creating, practicing and performing. Gregg will teach movement sections and offer research experiments, including partnering, ensemble, and small group work. Each session will build on the previous week's materials to refine skills, performance quality and unity. Students will be asked to remember movement specific to their part in the constructed work. This 8-week workshop is offered to students taking the Saturday 10 am technique class (a requirement to participate). Fees for the full 8-week session are \$85 (technique class fees are paid separately). Drop-in's are allowed for \$14 or a class card.

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