

Contemporary Ballet Master Class

With

Sabra Perry of Complexions Contemporary Ballet

Explore the Expressive Possibilities of Movement and Musicality

Class Description:

This contemporary ballet class is based in the Complexions technique, and introduces students to tools that will inform their approach to contemporary choreography. While following the structure of a traditional ballet class, the class incorporates full body coordination and articulation, intricate footwork, improvisational exercises, and contemporary repertory. As classical shapes are distorted and developed, students are encouraged to approach familiar movements in new ways, and to explore the expressive possibilities of movement and musicality.

Artist Biography:

Sabra Perry is a graduate of Canada's National Ballet School. After performing for two years with the National Ballet of Canada, she went on to perform with the Merce Cunningham Repertory Understudy Group, the Hartford Ballet, Dances Patrelle, and as a freelance dancer with numerous New York based companies. She has performed works by George Balanchine, Peggy Baker, Ulysses Dove, Martha Graham, Nicolo Fonte, William Forsythe, James Kudelka, and Dwight Rhoden, among others.

In 1999, at the invitation of Dwight Rhoden and Desmond Richardson, she joined Complexions Contemporary Ballet, where, in 2008, she was appointed to the position of assistant ballet mistress.

Ms. Perry has taught Complexions master classes across the United States and abroad, and regularly teaches during the company's intensives. She is also a faculty member at Ballet Academy East in New York, and a certified Pilates instructor.

Ms. Perry holds a BA in dance from SUNY/Empire State College in New York.

www.sabraperry.com



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