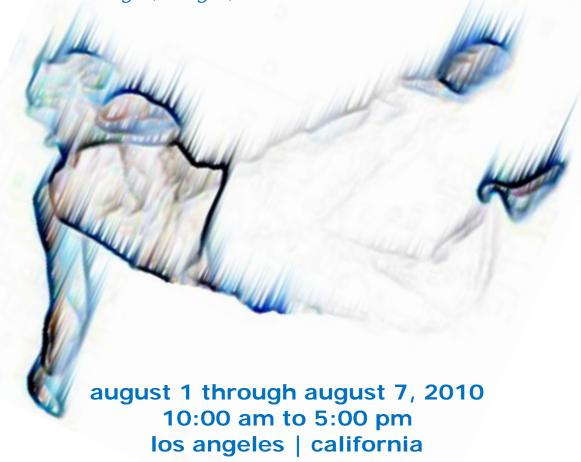
method+intensive

method contemporary dance

join bradley michaud and methodcrew for a week-long intensive of flight, weight, and life in the off-center



the method technique

method synthesizes athleticism with subtly nuanced sensuality creating a unique language for motion and momentum. The class trains dancers to have liberated, fearless and articulate bodies, so they can engage extreme physicalities. method makes liberal use of the floor as a launch pad for explorations of flight, a landing pad, and a duet partner; playing with gravity, both overcoming it and succumbing to it, as well as using the weight of the upper body and the propulsion of the legs to carve the space and exist in the off-center environment.

for an enrollment application visit methoddance.com

full intensive is limited to 30 participants so reserve your spot now! intermediate and advanced dancers only | must be 18 or older to participate \$375 full method+intensive | \$150 method+class only | \$25 drop-in class

method+intensive will be held at

BPStudios | brewery arts complex | 618-b moulton avenue | los angeles | ca | 90031