



Flight Path Dance Project presents

THE
SATURDAY
SERIES

part of our Beyond the Studio curriculum

OCT 5 | KNOWING YOUR BODY



Clinicians at the **NYU Harkness Center for Dance Injuries** will observe technique, evaluate strength and flexibility, and review medical and nutritional history to teach our dancers how to prevent dance injuries before they occur.

NOV 2 | CONDITIONING MODALITIES

Professionals in **yoga, gyrotomics, Pilates and bodywork** will lead classes and share techniques and practices that will provide our dancers with additional conditioning modalities to help support their development of technique.



DEC 7 | DOING YOUR HOMEWORK



Flight Path dancers will attend the New York City Performing & Visual Arts College Fair and take a special tour of the **Ailey/Fordham BFA Program** to learn about some of the best post-secondary dance programs in the country.

JAN 11 | DOLLARS & SENSE

Flight Path dancers will engage with financial consultants to learn practical skills and tips for saving money and staying organized on a dancer's budget.



