

THE SATURDAY SERIES

Our set of monthly workshops, designed for either online or in-person learning, to develop skills beyond the studio. Read more about this season's Saturday Series below.



OCTOBER FINDING YOUR INNER VOICE

Jane Jourdan from Fit for Broadway will lead a virtual meditation and self-care workshop, and introduce "Finding Your Inner Voice," a 12-part guided online course to healthy living and self-expression led by Tony-nominated actress Eva Noblezada.



NOVEMBER HEALTHY HABITS NOW

Flight Path dancers will work virtually with the NYU Langone Harkness Center for Dance Injuries, and additionally receive a tailored home exercise program from a clinician, upon completing an individualized Injury Prevention Assessment.

DECEMBER THE COLLEGE CONVERSATION

A panel of representatives from top post-secondary dance programs will join the Flight Path dancers virtually, providing insight into each school's programming, unique expectations, admissions process, and student lifestyle, as well as taking questions from the dancers.



JANUARY I CAN COOK, 2!

We will once again be joining Chef Erica Wides from Home Cooking New York to continue learning cooking techniques and putting into practice the selection of healthy ingredients on a dancer's budget, culminating in a nutritious meal to add to our collective recipe boxes.

FEBRUARY BUSINESS OF DANCE

Flight Path dancers will work with dancer and Tony Award-winning Producer Fran Kirmser, whose Business of Dance Masterclass (taught at NYU Tisch, Ailey/Fordham, and elsewhere) provides tools for building and navigating a career during a pandemic, including creating audition reels, communicating online, and more.

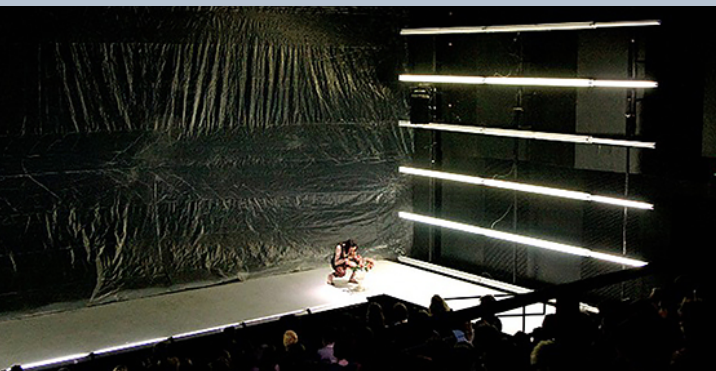


MARCH THE POWER OF PRESENCE

Flight Path dancers will work with experts in public speaking and media representation to prepare for a range of environments, from auditions and interviews to professional media and arts experiences, learning self-advocacy and communication skills for life.

APRIL A NEW LANDSCAPE

Professional artists will join the Flight Path dancers to discuss the state of the Performing Arts and imagine how the landscape might look in the wake of the pandemic, as well as taking questions and sharing advice from their varied career experiences.



MAY BEHIND THE DESIGN

Flight Path collaborators, including scenic and lighting designer Maruti Evans, will present renderings for the Flight Path Spring 2021 Concert and illuminate the design process from first concept to final execution.