

# method+intensive

*method contemporary dance*

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



**august 1 through august 7, 2010**  
**10:00 am to 5:00 pm**  
**los angeles | california**

## **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](http://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](#)**

[info@methoddance.com](mailto:info@methoddance.com) | [methoddance.com](http://methoddance.com) | [youtube.com/methoddance](http://youtube.com/methoddance) | [twitter.com/methoddance](http://twitter.com/methoddance)