

**Who is Lori Belilove &
The Isadora Duncan Dance Company?**

Lori Belilove & The Isadora Duncan Dance Company is the resident performing troupe of the Isadora Duncan Dance Foundation, which consists of a spirited ensemble of five to nine dancers who have achieved a purity of style hailed by Anna Kisselgoff of *The New York Times* and other internationally renowned critics. The Company's programs are conceived, developed and realized by Artistic Director Lori Belilove for contemporary audiences. The programs weave the life story of Isadora Duncan together with dances from her repertory. Our workshops, teacher training, and certification programs prepare future generations of dancers and teachers to carry on the Duncan legacy. Our educational and community outreach programs reach students and audiences of diverse cultural backgrounds, ethnicities, and economic statuses in the United States and abroad.

The Company has toured extensively both nationally and internationally. On their home turf in New York City, the Company has performed seasons at The Ailey Citigroup Theater, The Duke on 42nd Street, Symphony Space, The Kaye Playhouse at Hunter College, Whitney Museum of American Art, Carnegie Recital Hall, Judson Memorial Church Theater, 92nd Street Y, and has made guest appearances at numerous dance festivals around the country. The Company has conducted residencies in such prestigious institutions as The Juilliard School, Tisch School of the Arts at New York University, Peabody Conservatory at Johns Hopkins University, Franklin & Marshall College, Randolph College, among others.



“The class with Lori Belilove was in one word: transforming. I found it an experience which enlightened my spirit and lifted my soul. We were taught to feel the ground, the earth, as our feet went to work. She took me beyond my limit. I must admit I never expected to experience anything so free as that class.”
- Cheryl Soloway



Company dancers Kim D'Agnes and Emily D'Angelo
Photo by Darial Sneed



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**ISADORA DUNCAN
DANCE**

with
Lori Belilove & The Isadora Duncan
Dance Company



Company dancers Kim D'Agnes and Beth Disharoon
Downtown Dance Festival, 2014
Photo by Darial Sneed

“Imagine then a dancer who, after long study, prayer and inspiration, has attained such a degree of understanding that her body is simply the luminous manifestation of her soul; whose body dances in accordance with the music heard inwardly, in an expression of something out of another, profounder world.”

– Isadora Duncan

What is Isadora Duncan Dance?

The Isadora Duncan dance technique, as taught by world-renowned Duncan authorities, Lori Belilove and members of The Isadora Duncan Dance Company, is a beautiful, free flowing art form perfect for all ages and skill levels.

What are your classes like?

The classes begin on the floor with fluid warm-up movements and breathing exercises. The class progresses to standing and moving through a series of Duncan movements that expand upward and outward to flow through the entire body. All of the movement is supported by music of the great classical masters. Particular attention will be paid to the musicality within the Duncan tradition as the students accomplish skips, runs, leaps, polkas and waltzes. All of the classes include a creative time for improvisation.

What are the workshops like?

Workshops introduce students to the living legacy of Duncan dance technique and repertoire. Dances covered range from “The Early Years” (Schubert Waltzes and Chopin Mazurkas) to the “Heroic and Monumental Works” inspired by Greek Mythology. The repertory portion of the class includes an historical overview of the life and times of Isadora’s creative years, her schools, and the contemporary and ancient art world of Renaissance painting, sculpture, Greek mythology, poetry, and music that inspired her.

I have danced for years and am proficient but have never experienced Duncan movement.

What level is appropriate for me?

It is always appropriate to take some beginning level classes to understand the style, as we break it down very thoroughly at that level. But, if you are a very experienced or professional level dancer, it may also be a great opportunity for you to join some advanced and/or Company level classes which are available with the instructors’ permission.

What other programs do you offer?

We offer Performances, Master Classes and Lecture/Demonstrations. Our **Intensive Workshops** prepare dancers to train with the Company through our **Apprenticeship Programs**. We also have a **Certification Program** in Basic and Advanced Studies in the Dance of Isadora Duncan. Our **Teacher Training Seminars** offer educators an overview of basic Duncan technique and includes a laboratory class with hands-on experience with children and young adults. The School is also involved residency partnerships throughout the country as well as internationally in Brazil and China.



Who was Isadora Duncan?

Rebelling from 19th century ballet, Isadora Duncan was concerned with the dancers’ need to return to a simple, “original” condition – “a state of awakened response” from which the dance would flow. Isadora believed all art begins, not with technique, but with personal truth – which can be nourished and with practice, summoned at will. “Life is the Root, and Art is the Flower.”

Isadora Duncan was born in San Francisco in 1877. An American dancer, whose creation of an expressive dance style, based on her vision of the dances of the ancient Greeks, laid the groundwork for the modern dance movement of the 20th century. She is considered the mother of modern dance. She toured Europe and the United States and established schools near Berlin in 1904, in Paris in 1914, and in Moscow in 1921. At first critics received her performances poorly, but later audiences grew more enthusiastic about it. Before she died in Nice, France in 1927 she was famous throughout the world.



Above: Master Class at The School at Columbia, Lori Belilove, Natalie Perrotta-White, with students
Below: Lecture/Demonstration at City Center Studios, Tessa Freeman with Lori Belilove

Photos by Stephen De Las Heras