

Dance students

To continue to work on and refresh your dance technique there are many online technique classes available for you to watch and to use. The following link shows a technique class from Italia Conti. There are many other videos available from the school too, alongside other strengthening and stretching videos to enhance your flexibility.

[Online contemporary dance class, with exercise breakdown](#)

<https://www.youtube.com/watch?v=ty8SUFiar5M>

Keep up to date with the progression of the New Adventures dance company and their pieces of repertoire. You can research/re-cap information on Matthew Bourne, the dancers, the rehearsal process, tour information and opportunities available to students by visiting the link below.

<https://new-adventures.net/>

Rambert are providing online classes and up to date information on dance and future opportunities that may interest you. You can also research/re-cap information on the dance school and the company through the site below.

<https://www.rambert.org.uk/join-in/rambert-home-studio/>