

Duncan Dance

Fall Intensive Workshop

November 14 – November 29, 2026

In this fall workshop series, Mary Sano introduces and explores the essence of Duncan Dancing. While focusing on harmony, nature, wholeness, and musicality; the workshop will cover basic concepts, history, improvisation, and choreography passed down from Isadora Duncan (1877-1927). Sano's approach encourages individual expression; connecting body, mind, and spirit and bringing Isadora's dance to life in an authentic way.

Saturdays: November 14, 21, 28 @ 11:00-1:30pm

Sundays: November 15, 22, 29 @ 4:15-6:45pm

*** 6 workshops-\$190, 3 workshops-\$100, Drop-in \$35**

All Levels Welcome: Children over 7 can attend with a parent



~ Celebrating Isadora: A Legacy of Dance and Liberation ~

2027 marks the 150th anniversary of Isadora Duncan's birth (in San Francisco on May 26, 1877) and the 30th anniversary of the Mary Sano Studio of Duncan Dancing (founded in November 1997) and we are planning a month-long celebration to honor Isadora's legacy at the Studio in May, 2027.

***Fundraising Concert:* December 5 & 6, 2026** featuring Mutsuko Dohi (Piano), Elena Gurevich (Soprano), Elizabeth Gaston (Flute), Tony Sano Chapman (Piano) and Mary Sano.

More Information: www.duncandance.org 415-357-1817