

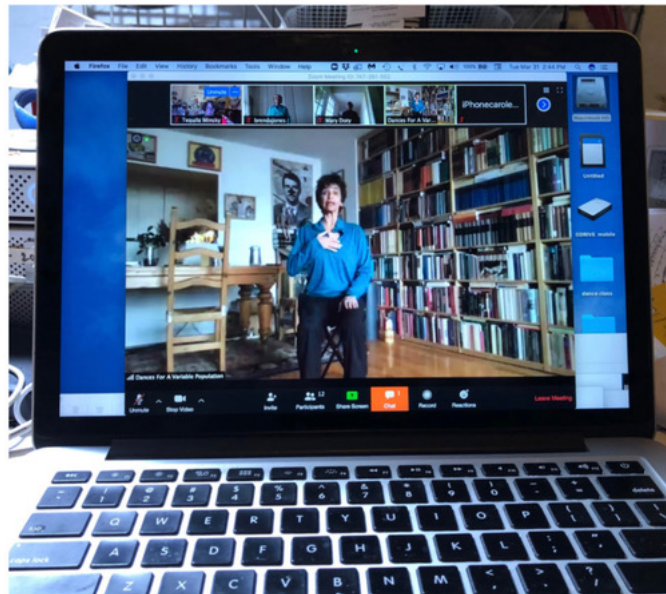
# The New York Times



By Brian Seibert

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## Moving: Dances for a Variable Population



Naomi Goldberg Haas leads a class with Dances for a Variable Population. Tzipora Mizsky

Contrary to what most dance videos suggest, dancing isn't only for the young. Since 2005, [Dances for a Variable Population](#) has specialized in classes for people of all abilities, and especially for those of a more advanced age. During the pandemic, with so many older people (and others too) staying inside for safety, the classes have grown in importance.

The company website offers live and prerecorded options, both tuition-based and free. The guiding idea is an alternation between a gentle strengthening of muscles and a gentle encouragement of creativity; maintaining the hookup between the mind and the body increases freedom.

You can get started right now but also look forward to [“Revival 4: Fortitude,”](#) a daylong virtual festival of classes and performances on Oct. 24. As in the company's similar festival in June ([watchable online](#)), the teachers are all inspirations, a diverse group of women who danced decades ago with major companies and don't let age get in the way of moving freely now.