

January 9 - June 18, 2024

## Contemporary Floorwork Class by sarAika movement collective

Company: sarAika movement collective  
Venue: Gramercy Dance Studio  
Location: Manhattan , NY

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BECCA VISION

sarAika weekly classes

In this class, sarAika will share their discoveries and analysis of the use of the body through a warm-up that focuses on increasing the space of the joints while stretching. Followed by exercises that contain floor work foundation & guided choreography which leads to fluid and dynamic movements. sarAika in this class aims to introduce diverse ways to use the body in space and new awareness of approach of movements in our bodies, applying joints fluidity allowing to dance wider and in your organic way.

SIGN UP > <https://www.gramercydancestudios.com/schedule>

By rotation teachers Sara Pizzi & Aika Takeshina: every Tuesday 4pm

at GRAMERCY DANCE STUDIOS  
122 E 25th Street. Manhattan, NY 10010

sarAika movement collective  
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Manhattan , NY, 10010  
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Schedule  
January 9, 2024: 4:00pm  
January 16, 2024: 4:00pm  
January 23, 2024: 4:00pm  
January 30, 2024: 4:00pm  
February 6, 2024: 4:00pm  
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