

Thursday, March 24, 2022

## ESTIA Community Donation-Based Movement Classes

Company: Lydia Perakis

Compensation: Donation-Based Classes

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@hannahvelli

ESTIA is a creative movement practice synthesized by Lydia Perakis and is initiated by the belief that our bodies operate as archives storing memories, histories and traumas. Somatic memory has been investigated and supported by many researchers, movement practitioners and artists throughout the years. This class intends to acknowledge and build upon currently existing research, as well as offer perhaps a different perspective on ways it can be investigated and explored in a physical, movement-based manner. ESTIA draws inspiration from the Greek goddess of the home and reflects a source of light, warmth and refuge. "Understanding how the body functions in order to keep memories crisp and alive" is one of the questions we might find ourselves exploring. We will be utilizing improvisation as well as structured phrases moving through space, challenging alignment and transitions in and out of the floor. All classes are donation-based and can function in a drop-in format, allowing participants to attend whenever they can. They are open to all levels and ages. There will be time in the studio post-class for discussion and restoration.

-April 3rd, 2:00-4:00pm

-April 17th, 2:00-4:00pm

-May 1st, 2:00-4:00pm

-May 8th, 2:00-4:00pm

Location: LARUSSA STUDIO 66-85 73rd Pl, Middle Village, NY

Please make sure you RSVP at [lydiaperaki@gmail.com](mailto:lydiaperaki@gmail.com) prior to the class.

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