

Thursday, August 1, 2024

Six Degrees Affordable Class Series

Company: Six Degrees Dance
Location: New York, NY
Compensation: NA

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saraika movement collective

Let's face it- open classes in NYC are incredible, but not cheap! Six Degrees' Dance monthly affordable class series, taught by company members and guest artists, is designed to connect people and provide dancers with fun, intimate, encouraging and exciting classes that won't break your bank account!

Come dance with us on August 24th from 12:30-2pm.

August class, titled Reflective Floorwork, will be co-taught by Sara Pizzi and Aika Takeshima of Saraika Movement Collective.

Looking for a way to improve your floorwork without relying on power? Want to maximize your body's potential? Interested in adding fluidity and dynamism to your dance without using excessive power? If that sounds like you, then saraika's class is perfect for you! Their focus is on safe and efficient methods of floor movement, utilizing joint efficiency and momentum. They aim to help you develop reflective floorwork practices, a full range of motion, and to dance organically, using your body's natural function to dance bigger without using excessive power.

Link to sign up: <https://forms.gle/bdndrqsiaQktMKMB9>

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