

Wednesday, April 23, 2025

## Six Degrees Affordable Class on May 3

Company: Six Degrees Dance  
Location: New York, NY  
Compensation: N/A

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Let's face it, open classes in NYC are incredible, but not cheap! Six Degrees Dance's monthly affordable class series, taught by company members and guest artists, is designed to connect dancers and provide them with intimate and encouraging workshop-style classes that won't break their bank account! The series encourages teaching artists to explore concepts and ideas that interest them in order to develop their own practice while offering experiences that are different from traditional open classes.

Come dance with us on May 3, 2:30-4

May class will be taught by guest artist Rachel Repinz

### Class Description:

Postmodern Realness is a 1.5 hour open-level dance and movement class grounded in postmodern and contemporary improvisation techniques. Class will begin with a warm-up inspired by Rachel's ongoing performance practice research, inviting movers to drop into and connect with their bodies. Warm-up will be followed by a series of individual modal investigations guided by prompts that center sensation, repetition, and individual phrase building. These solo explorations will gradually expand into collective investigations and improvisation-based phrase work, where we will work with relational movement and spontaneous composition, guided by the joy of discovery. This class invites movers to tap into their personal imaginative instincts, aesthetic affinities, and movement appetites. Throughout the session, movers are invited to follow their impulses, play with structure, and move in and out of the movement space as necessary. Postmodern Realness is an invitation to improvisers, dancers, and choreographers alike to reinvigorate their creative practices and leave with new ideas to continue to explore in their personal work.

This class will focus on solo and relational exploration -- this is not a contact improvisation class. This class will be led through simultaneous auditive and visual guidance. If you have questions or would like to share any access needs/desires/requests with Rachel in advance of participating, please email her at [rachelrepinz@gmail.com](mailto:rachelrepinz@gmail.com).

Link for info and to register: <https://forms.gle/NvqmLHkVgqc4Dv6XA>

Six Degrees Dance  
595 W. 207 St. apt 52 Six Degrees Dance  
New York, NY, 10034  
9739645025  
[www.sixdegreesdance.com](http://www.sixdegreesdance.com)

For more information:  
Cecly Placenti  
[cecly@sixdegreesdance.com](mailto:cecly@sixdegreesdance.com)  
9739645025

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