

Monday, August 11, 2025

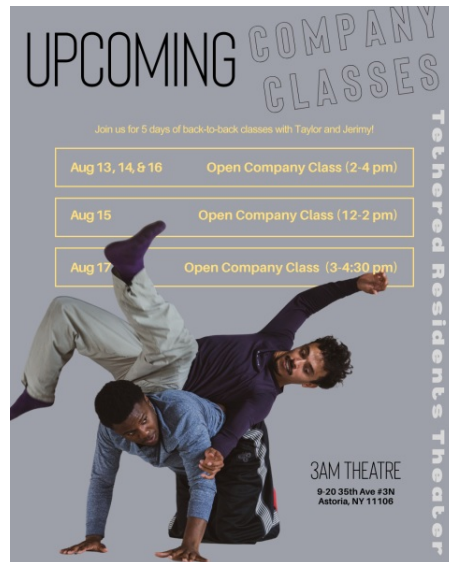
## AFFORDABLE CLASSES, 8/13-8/17 (Contemporary, house, yoga + more)

Company: Tethered Residents Theater, LLC

Location: NY

Compensation: 0

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Joan Dwiartanto

Tethered Residents Theater: Company + Guest Artist Class Series  
August 13–17, 2025

Location: 3AM Theater  
9-20 35th Ave #3N, Astoria, NY 11106

Join Tethered Residents Theater for 5 days of back to back classes of movement, inquiry, and exchange.

We're opening up our company residency for a public class series featuring daily training with the artists of TRT, alongside a rotating lineup of guest teachers offering a wide range of contemporary practices. Classes will include contemporary floorwork, partnering, house/capoeira fusion, somatic tools, yoga, and more.

Company Class (taught by TRT artists) draws from contemporary and breaking foundations, beginning on the floor and moving into standing material and partnering. We'll explore gravity, function, and responsiveness—centering biomechanics, trust, and momentum in both solo and shared forms.

Guest Artist Classes will highlight unique movement lineages and teaching styles from artists we deeply respect—each offering insight into their creative process, cultural roots, and embodied knowledge.

Whether you're looking to sweat, listen, re-pattern, or reconnect with your body, these classes offer a physical and curious space to land.

*Please see the full schedule below!*

### Weds 8/13

12:30–2pm: Contemporary + Floorwork with Kendra Borden

2–4pm: Tethered Residents Company Class

### Thurs 8/14

12–1:30pm: House + Floorwork with Lesar Stepputat

2–4pm: Tethered Residents Company Class

### Fri 8/15

12–2pm: Tethered Residents Company Class

2–3:30pm: Between Systems (Contemporary) with Dareon Blowe

Sat 8/16

12:30-2pm: Contemporary with Robert Rubama

2-4pm: Tethered Residents Company Class

Sun 8/17

12:30-2pm: Somatic Movement with Dan Santiago

2-3pm: Yoga with Chauncie Parchment (please bring your own yoga mat!)

3-4:30pm: Tethered Residents Company Class

Open to advanced and professional dancers. Sliding scale \$15-\$20 via venmo. If you have the funds to do so, additional donations are also welcome!

*To reserve your spot, please venmo @tetheredresidents -- label payment with your reserved class date(s) and time(s). Cash + zelle are also welcome at the door.*

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