

Wednesday, January 28, 2026

Moves with Mishfish: Open Contemporary Class

Company: Moves with Mishfish
Compensation: n/a

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I'm hosting a pop-up class in NYC next week! The style is contemporary and it's open to all levels (everything is always modifiable). I'm also conceptualizing some new projects that I'd like to create this year, for stage and also for film, so I'd love to meet some new people and broaden my network!! If you're not familiar with me & my approach to movement, this would be a good opportunity to dip your toes in the water :)

In short, my spaces look like...some talking, a lil' warm-up, some improv, a contemporary phrase, and a whole lot of heart. I have some dance steps to share with you but it's so not about that. I encourage everyone to make their own choices, for their own safety and also in the context of storytelling. If you're looking for a space to reconnect with your body and stop thinking so much about "what dance is supposed to be," then this space might be for you. (Trust, I'm with you.)

Leading these spaces has helped me discover a deeper sense of community, and I hope you find the same. Class will be donation-based, and a portion of proceeds will go towards supporting immigrant communities in MN. Show up for yourselves, for each other, and for the community at large!!

We need each other (and our art) more than ever. Learn more and sign up here: <https://forms.gle/zR2v45dXVmGuX6bE8>

Moves with Mishfish
<https://www.michelle-y-zhang.com/moves-with-mishfish>

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