

May 28 - June 18, 2021

## Flying Low Fridays!

Company: Sarah Chien  
Venue: Open Arts Studio  
Location: Brooklyn, NY

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Gonzalo Gueña

[Sarah Chien](#) brings Flying Low and Passing Through technique to the brand Open Arts Studio in DUMBO. This class focuses on the dancer's relationship with the floor, gravity, momentum, and community.

Fridays 10am-12pm  
May 28th - June 18th.  
\$18

Pre-registration is required. [Bit.ly/flylowclass](http://bit.ly/flylowclass)

*Flying Low reveals our body's efficient, spiral pathways for going into and out of the floor. We will warm up with qigong and principles from Passing Through, awakening the reactivity and connection between floor, feet, hands, and body center. Then we will work through short phrases that are like little puzzles for our bodies to solve. Together these practices help us to transform our bodies, the group and the space in which we play.*

Open level: must be able to move comfortably through a squat position and have an existing movement practice.

Wear long pants for sliding!

Questions: [sarah.l.chien@gmail.com](mailto:sarah.l.chien@gmail.com)

Sarah Chien  
68 Jay St. Room 605A  
Brooklyn, NY, 11221  
<http://bit.ly/flylowclass>

Schedule  
May 28, 2021: 10:00am  
June 4, 2021: 10:00am  
June 11, 2021: 10:00am  
June 18, 2021: 10:00am

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