

January, 13-16, 2025

KATIA TUBINI open classes

Company: sarAika movement collective
Venue: Spayer Hall
Location: Manhattan , NY

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BECCA VISION

The course provides students with the opportunity to explore and express their emotional sensitivity through movement and music. The goal is to fully engage participants, turning movement into a personal, social, and artistic experience. It encourages students to enhance their communication and interpersonal relationships using creatively adapted codes and forms while fostering awareness of their breathing in relation to movement. In this setting, students become both instruments and creators, with contemporary dance emerging as a language that encompasses the body, movement, sound, space, and their interconnections. Dancers are encouraged to improve their postural and motor awareness while increasing coordination, strength, flexibility, and energy. The course aims to equip students with the necessary tools to explore and shape their emotions, enabling them to technically understand and realize their potential.

LOCATION: Spayer Hall - University Settlement, 184 Eldridge St, 2nd floor, NY 10002
SCHEDULE:

1/13

11-12.30pm KATIA

1/14

9-10am YOGA w.Cristiano Zanus Fortes

10-11.30am KATIA

1/15

9-10am YOGA w.Cristiano Zanus Fortes

10-11.30am sarAika w. Sara & Aika

1/16

9-10am YOGA w.Cristiano Zanus Fortes

10-11.30 KATIA

1/17

9-10am YOGA w.Cristiano Zanus Fortes

CLASS PACKAGES:

\$20 /1 class

\$35 yoga+ dance class - RECOMMENDED! (Begin with a calming Yoga session to clear your mind and prepare your body, then transition into a dynamic Dance class.)

\$3 classes \$50 - Save \$10

DANCE DELUXE - All 4 dance classes - \$70 - All the dance classes! Save \$10

KATIA GOLD - 4 dance classes + 4 yoga \$140 - Everything! Save \$20!

After submitting this form, please complete the payment through:

Venmo to @sarapizzi, or
Zelle to 347-615-7005 (Sara Pizzi)

(If both are unavailable, please email us to find an alternative way: contact@saraikacreation.com)

IMPORTANT: Registration is completed only after the completion of the payment.

Due to the limited spots, we suggest you to finish the registration as soon as you submit this form to save your spot.

sarAika movement collective
184 Eldridge St, New York, NY 10002
Manhattan , NY, 10002
<https://forms.gle/rTV2saGPrxbwWcq58>

Schedule
January 13, 2025: 10:00am
January 14, 2025: 10:00am
January 15, 2025: 10:00am
January 16, 2025: 10:00am

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