

Wednesday, December 17, 2025

## Sliding Scale Countertechnique Class With Cat Clifford

Company: Countertechnique  
Venue: Baby Cobra Yoga- Bushwick  
Location: Brooklyn, NY

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Sliding Scale, Open Countertechnique class hosted by Cat Clifford and Baby Cobra Yoga. Wednesday, December 17th 12:30-2:30. Come explore, restore, un-glue, and fly through space in a Countertechnique flow class before the holidays!

### About Countertechnique:

The Countertechnique® class is a contemporary dance technique class. It stretches, coordinates and strengthens the body, making dancers sweat, build stamina and really move.

The class starts with a recurring set of exercises, allowing dancers to investigate the Countertechnique® principles in detail. The second half of the class consists of varied components, working towards luscious movement combinations, and sometimes including jumping at the end.

The Countertechnique® class results in dancers using more efficient energy, losing their fear of taking risks and gaining speed in both level and directional changes.

### About Cat

Catheryn Clifford is based in Queens, New York. She has been studying Countertechnique since 2017 while at university, and attended and completed the Countertechnique Teacher Training program in 2023. Catheryn received a BFA in contemporary dance from the University of North Carolina School of the Arts in 2020, where they developed a passion for collaborative processes, choreography, and film. As a dancer, choreographer, interdisciplinary creator and model, Catheryn's work spans several mediums including award winning experimental film, physical theater, movement direction, and visual art. In addition to creating and performing original work, Catheryn has worked with Emursive Productions, Celia Rowson-Hall, A\$AP Rocky, King Princess, Elena Vazintaris, Anouk van Dijk, Vim Vigor, and Asheville Contemporary Dance Theater.

Countertechnique  
47 Thames St. #203  
Brooklyn, NY, 11237  
<https://www.tickettailor.com/events/babycobrayoga/1966159>

Schedule  
December 17, 2025: 12:30pm

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