

November 1 - December 20, 2025

## Traditional West African Togo-Inspired Dance Class with Live Drumming Every Saturday

Company: SYAKAD ARTS

Venue: Northern Manhattan Arts Alliance {NOMAA} Studio

Location: New York, NY

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SYAKAD ARTS

Traditional West African Togo-Inspired Dance Class with Live Drumming Every Saturday

Adults / All-Levels class

Studio 2

Price:

Drop-in \$25 Pay-as-you-go

5-Class Pack \$100 / \$20 per class

Every Saturday from 5-6:30 pm

Class details

Class Focus

An immersive African Traditional Dance session celebrating the rhythms, stories, and movements of West Africa.

Experience powerful drumming, grounded footwork, and the rich cultural expressions passed down through generations.

What to Expect in Each 90-Minute Class

Welcome & Warm-Up (15 min) – Gentle stretches and rhythmic exercises to awaken the body and connect with the drumbeat.

Foundations & Technique (15 min) – Core movements, postures, and traditional steps from various West African regions.

Choreography & Storytelling (40 min) – Learn a full dance sequence that reflects the history, rituals, and community spirit of the style.

Community Circle & Improvisation (10 min) – Dance in a supportive circle, exploring personal expression while interacting with live or recorded drums.

Cool-Down & Reflection (10 min) – Slow stretches, mindful breathing, and cultural context discussion.

Music

West African Drumming – Live percussion.

Highlife & Folk Melodies – Traditional songs and call-and-response vocals from Ghana, Togo, Benin, and neighboring regions.

Ceremonial Rhythms – Festival and ritual beats that inspire storytelling through movement.

#### What to Bring

Bare feet or lightweight dance shoes for grounded movement

Comfortable, breathable clothing (wrap skirt or loose pants welcome)

Water bottle and small towel

An open heart and willingness to connect with the music

#### Who's It For

All levels are welcome! Ideal for anyone seeking a dynamic workout, a deeper understanding of African culture, or the joy of dancing in community with traditional rhythms.

For More Information, Please Join Us At: <https://syakadarts.my.canva.site/page-6>

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SYAKAD ARTS  
4140 Broadway  
New York, NY, 10033  
<http://Walk in>

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Schedule  
November 1, 2025: 5:00pm  
November 8, 2025: 5:00pm  
November 15, 2025: 5:00pm  
November 22, 2025: 5:00pm  
November 29, 2025: 5:00pm  
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[< back](#)

[previous listing](#) • [next listing](#)