

Tuesday, October 10, 2023 - Monday, January 1, 2024

sarAika contemporary classes

Company: sarAika | Gramercy Studio
 Venue: Gramercy Studio
 Location: Manhattan, NY

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BECCA VISION

In this class, sarAika will share their discoveries and analysis of the use of the body through a warm-up that focuses on increasing the space of the joints while stretching. Followed by exercises that contain floor work foundation & guided choreography which leads to fluid and dynamic movements. sarAika in this class aims to introduce diverse ways to use the body in space and new awareness of approach of movements in our bodies, applying joints fluidity allowing to dance wider and in your organic way.

Sara: Every Monday 4:00~5:30pm
 Aika: Every Tuesday 5:30~7:00pm

GRAMERCY DANCE STUDIOS
 122 E 25th Street. Manhattan, NY 10010

For more visitit [sarAika](#).

sarAika | Gramercy Studio
 122 E 25th Street
 Manhattan, NY, 10010
<https://www.gramercydancestudios.com/schedule>

Schedule
 October 10, 2023: 5:30pm
 October 16, 2023: 4:00pm
 October 17, 2023: 5:30pm
 October 23, 2023: 4:00pm
 October 24, 2023: 5:30pm
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