

Monday, June 2, 2025

Six Degrees Affordable Class Series

Company: Six Degrees Dance
Location: New York, NY
Compensation: N/A

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BECCA VISION

Let's face it, open classes in NYC are incredible, but not cheap! Six Degrees Dance's monthly affordable class series, taught by company members and guest artists, is designed to connect dancers and provide them with intimate and encouraging workshop-style classes that won't break their bank account! The series encourages teaching artists to explore concepts and ideas that interest them in order to develop their own practice while offering experiences that are different from traditional open classes.

Come dance with us on June 7th, 2-3:30pm

June Class will be taught by sarAika movement collective.

sarAika class adopts an approach that emphasizes joint mobility, flow, and movement from the spine to create dynamic shifts in balance and three-dimensional movement. By focusing on efficient movement that leverages the body's natural functions rather than relying on strength, dancers are able to move more expansively and smoothly. We also emphasize dancing not only with the arms and legs but also with the spine and torso. In class, we focus on expanding the range of motion in the upper body and hips. For example, we perform extension and flexion movements while spiraling the upper body, and engage in warm-ups that incorporate femur rotation. We also work on integrating the entire body, creating powerful, unified movements that avoid isolating any one part. The goal is to help dancers create larger, more three-dimensional movements in a smarter, more efficient way.

Cost: \$10 paid by Venmo, Zelle or cash (exact change) at the start of class

Link to register: <https://forms.gle/ogE8SL5QXvHgt58o7>

contact cecly@sixdegreesdance.com with any questions

Hope to see you in class!

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