

Saturday, November 1, 2025

Advanced Contemporary: Isolation & Flow

Company: sarAika movement collective
Compensation: 1 class \$17, 2 classes \$30

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Dive into the practice that shaped our movement.
From years of training, experimenting, and creating — we now open our method and research to you.

Join sarAika co-directors Sara Pizzi & Aika Takeshima for one special evening of back-to-back classes — exploring the physical language, research, and choreographic process that define the collective's work.

Date: Sunday, November 9, 5:30–7:00 PM
Location: IATI Rehearsal Space — 64 E 4th St, 2nd Floor, NY 10003

-Advanced Contemporary: Isolation & Flow 5:30-7:00pm

Expand your Range of Motion (ROM) and unlock Three-Dimensional Movement (3DM) in sarAika's signature advanced contemporary practice. Experience the distinctive physical language that defines the company's choreography —rooted in old-school hip-hop and urban styles, and refined through ballet, modern, and various contemporary techniques, sarAika's movement language emphasizes isolation, groundedness, and pelvic freedom.

This class guides dancers to move from the spine as a center of initiation, exploring joint mobility, efficiency, and continuous flow to generate powerful yet fluid transitions.

Rather than relying on force, dancers learn to harness the body's natural functions to move with greater clarity, expansion, and control. Through these principles, participants deepen body intelligence, refine articulation, and discover their own creative voice within sarAika's evolving contemporary vocabulary.

- Movement Research: Deconstruct to Construct 7:00-8:30 pm

Level: Open — All experiences welcome!

Improvisation is not chaos—it's awareness, imagination, and choice.
sarAika's Movement Research invites dancers to deconstruct their habitual patterns and rediscover movement from a blank slate.

Starting from simple, pedestrian actions, participants gradually transform them into abstract, articulate, and intentional expressions. The class cultivates free-spirited imagination, adaptability, and playful discovery, helping dancers expand their creative potential and refine improvisational intelligence.

Through principles of Visualization, Isolation, and Three-Dimensionality, dancers re-map their understanding of body placement and directionality.

By breaking the pre-registered ideas of "how a dancer should move," participants open new pathways of creation—developing a unique movement voice and a richer, more versatile performance presence.

PRICE:

Single class: \$17

Both classes: \$30

[REGISTRATION: CLICK HERE>](#)

sarAika movement collective
<https://saraikacreation.com>

For more information:
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