

Saturday, November 8, 2025

Adv Contemporary + Movement Research Class

Company: sarAika movement collective
Venue: IATI
Location: Manhattan , NY

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BECCA VISION

sarAika Isolation & Flow Contemporary & Movement Research class - Sun 11/9 5:30~8:30pm

LOCATION: IATI Theater Studio, 64 E 4th ST, 2nd Floor New York, NY 10003
CLASSES:

Isolation & Flow Contemporary (Advanced) 5:30-7:00 pm
Movement Research (Any level) 7:00-8:30 pm

PRICE :
1 class \$17
2 classes \$30

Application Form: <https://tr.ee/vcM8wT9Nck>

After submitting this form, please complete the payment via Zelle to (If Zelle is unavailable, please email us to find an alternative way: contact@saraikacreation.com)

IMPORTANT: Registration is completed only after the completion of the payment.
Due to the limited spots, we suggest you to finish the registration as soon as you submit this form to save your spot.

■ Isolation & Flow (Advanced)

(*Long pants, socks and knee pads recommended for floor-work movements.)

Maximizing your ROM (Range Of Motion) and add 3DM (3-Dimensional Movements)

sarAika Contemporary class dives into the collective's unique movement language—born from the intersection of street dance and contemporary movement art. Directors Sara and Aika began with styles such as old school hip-hop, locking, and popping, later deepening their practice through ballet, modern, and various contemporary techniques. Their choreographic voice carries these foundations through elements like isolation, groundedness, and pelvic freedom.

The class focuses on utilizing joint mobility, flow, and movement initiated from the spine to create dynamic shifts in weight and three-dimensional articulation. Rather than relying on force, dancers explore efficient movement by harnessing the body's natural functions, allowing them to move bigger and more fluidly.

By embodying these principles, participants refine control, coordination, and flow while discovering their own creative voice within sarAika's evolving contemporary vocabulary.

■ Movement Research (Any levels)

sarAika's Movement Research class expands on the same physical principles as our Contemporary Isolation & Flow class—groundedness, isolation, and three-dimensional articulation—but with a deeper focus on task-based exploration and specific body parts.

Each session begins with a clear concept and goal, guiding dancers to research movement through structure and awareness. Through the guided improvisation tasks, participants explore how movement vocabulary expands through limitation.

Limitation gives freedom. By moving specific body parts under specific rules, dancers refine precision, expand their kinetic imagination, and develop a more personal and intelligent improvisation practice.

This class cultivates detailed physical awareness and improvisational sensitivity—helping dancers become not just movers, but researchers of their own movement potential.

sarAika movement collective
64 East 4th St. New York, NY 10003 Office & Studio: 2nd floor
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347-615-7005
<https://tr.ee/vcM8wT9Nck>

Schedule
November 8, 2025: 5:00pm

[< back](#)

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