

Saturday, February 1, 2025

## Chinese Tai Chi and Contemporary Dance Workshop

Company: World Arts East  
Location: New York City, NY

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Experience the flowing movements of Chinese Tai Chi, Chinese classical dance, and contemporary dance floor work

This all levels workshop blends the flowing movements of Chinese Tai Chi, Chinese classical dance and contemporary dance floor work. The class includes a warm up focused on centering the body and developing fluidity. Tai Chi principles such as balance, controlled breath, and slow, deliberate movements are integrated with beginner level floor work and a choreographic phrase offering a physical and creative challenge. No experience necessary. This workshop is designed to engage and inspire all participants.

World Arts East  
115 West 29 Street, Suite 1106  
New York City, NY, 10001

Schedule  
February 1, 2025: 10:00am

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