

August 25 - September 30, 2018

## Plunging Verses: Open Level Contemporary Class

Company: Samsam Yung  
Venue: Arts on Site  
Location: New York city, NY

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This class draws on different modalities and aesthetics in contemporary dance including classical, post modern, street, gaga, and flying low. Emphasis is placed on somatic awareness, alignment, pleasure, efficiency, and diversity in movement qualities. We begin class from a mindful place, bringing awareness to breathe, sensation and weight. Our movement will build in complexity, athleticism and speed. Emphasis is placed on core strength and proper alignment to prevent injury and promote efficiency. We will plunge through space, fly and dive, challenge our physicality while leaving room for poetry and personal expression.

Suggested \$10

buzz 4th floor except 6/2 class is 3rd fl

Samsam Yung  
12 St Marks Pl  
New York city, NY, 10003  
6467855625

Schedule  
August 25, 2018: 2:00pm  
September 2, 2018: 12:00pm  
September 18, 2018: 11:00am  
September 23, 2018: 12:00pm  
September 30, 2018: 12:00pm

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