

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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