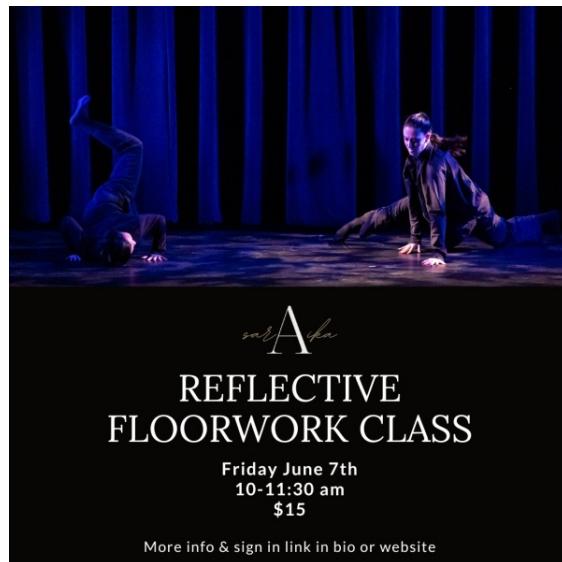


Friday, June 7, 2024

## Reflective Floorwork Class ~More efficiency, than power~

Company: sarAika movement collective  
Location: Ridgewood, NY

► [Share](#) | [Print](#) | [Download](#)



Looking for a way to improve your floorwork without relying on power? Want to maximize your body's potential? Interested in adding fluidity and dynamism to your dance without using excessive power? If that sounds like you, then our class is perfect for you! Our focus is on safe and efficient methods of floor movement, utilizing joint efficiency and momentum. We aim to help you develop reflective floorwork, a full range of motion, and to dance organically, using your body's natural functions, rather than relying on power. We'll teach you how to dance bigger without using excess power. Instead, you'll learn how to effectively use your joints and momentum to move from your spine for your full range of motion.

sarAika Reflective Floorwork class  
Dates: Friday, 6/7/2024, 10:00~11:30am

For more information and registration, [please click here](#)>

### ■About us

sarAika movement collective is a contemporary dance collective, founded by immigrants and queer women Aika Takeshima and Sara Pizzi, advocating for diversity, equity, and inclusion in the dance ecosystem. By creating multidisciplinary collaborative performances, we spread awareness on topical aspects or personal insight. Through community programming, we provide accessible opportunities, local empowerment, and performing arts to the general public. We pursue these values of authenticity to bond our community to be inclusive and welcoming to all, trusting in the multidisciplinary aspects of collaborations to expand the potential of art delivery, creativity, and application.

Website: <https://saraikacreation.com/>

Instagram&Facebook: @saraikamovementcollective

sarAika movement collective  
6060 Myrtle Ave, Queens  
Ridgewood, NY, 11385

Schedule  
June 7, 2024: 10:00am

[< back](#)

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