

September 21 - November 16, 2025

Somatic Aerial Workshops

Company: Fly-by_Night Dance Theater
Venue: Dance Studio
Location: New York, NY

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We are happy to announce our classes on East Grand Street in Lower Manhattan will continue this fall. Join us for a class or workshop!
Register: [HERE](#)

Session #1 = Three Introductory classes Sep 21, 28 & Oct 5: Learn/Review basic Aerial Skills on low-flying trapeze while connecting with the whole self through a Somatic Warm up. This improvisational approaches include aspects of Skinner Releasing Technique as well as other modalities. Students work at their own pace both under and above the bar with an emphasis on mindfulness.

Session #2 = Five Mixed-Level classes Oct 19 – Nov 16: We will expand on the Introductory session by exploring improvisational structures that bring out the creative possibilities of dancing with low-flying trapeze.

Classes are community-based and cater to a variety of skills and experiences.

More info: www.flybynightdance.org

Fly-by_Night Dance Theater
551 Grand Street Manhattan
New York, NY, 10002
NA
<http://NA>

Schedule
September 21, 2025: 11:00am
September 28, 2025: 11:00am
October 5, 2025: 11:00am
October 19, 2025: 11:00am
October 26, 2025: 11:00am
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