

FOR AUDIENCES

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Wednesday, August 22, 2018

SummerStage Dance presents: GAGA/ people Workshop

Company: SummerStage

Venue: Rumsey Playfield

Location: New York, NY

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Gaga, the movement technique developed by renowned choreographer and Artistic Director of Batsheva Dance Company, Ohad Naharin, is a new way of gaining knowledge and self-awareness through your body. Gaga provides a framework for discovering and strengthening your body and adding flexibility, stamina, and agility while lightening the senses and imagination. Gaga raises awareness of physical weaknesses, awakens numb areas, exposes physical fixations, and offers ways for their elimination. The work improves instinctive movement and connects conscious and unconscious movement, and it allows for an experience of freedom and pleasure in a simple way, in a pleasant space, in comfortable clothes, accompanied by music, each person with himself and others. Gaga/people classes are open to individuals ages 16+, regardless of their background in dance or movement. No previous dance experience is needed. Participants should wear comfortable clothes and be prepared to dance barefoot or in socks. It is advisable to bring a bottle of water and a towel for use after class.

Limited space available. RSVP Required: RSVP@CityParksFoundation.org

Following the workshop will be a performance by Brooklyn-based contemporary dance company, GALLIM, and a screening of "Mr. Gaga," the documentary filmed to celebrate the career of choreographer Ohad Naharin. No RSVP required for the performance or screening. For additional information, [click here](#).

SummerStage
East 69th ST and 5th Ave
New York, NY, 10065
2123602756
<https://cityparksfoundation.org/events/gaga-people-dance-workshop/?date=20180822>

Schedule
August 22, 2018: 6:00pm

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