

January 18 - February 22, 2025

Tai Chi Contemporary Dance Workshop with Miaotian Sun

Company: World Arts East
Venue: World Arts East
Location: New York, NY

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TAI CHI CONTEMPORARY
DANCE WORKSHOP

with Miaotian Sun



Saturday
1/18, 1/25, 2/1, 2/8, 2/15, 2/22
10am - 11:30am

This all levels workshop blends the flowing movements of Chinese Tai Chi, Chinese classical dance and contemporary dance floor work. The class includes a warm up focused on centering the body and developing fluidity, Tai Chi principles such as balance, controlled breath, and slow, deliberate movements are integrated with beginner level floor work and a choreographic phrase offering a physical and creative challenge. No experience necessary. This workshop is designed to engage and inspire all participants.

World
ARTS EAST

Full Package: \$150
Drop In Rate: \$30
World Arts East
115 W. 29 Street, Suite 1106, NY
www.worldartseast.com

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World Arts East

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World Arts East
115 W. 29 Street Suite 1106 (11th floor)
New York, NY, 10001
347-361-1661
<https://www.worldartseast.com/events-2>

Schedule
January 18, 2025: 10:00am
January 25, 2025: 10:00am
February 1, 2025: 10:00am
February 8, 2025: 10:00am
February 15, 2025: 10:00am
February 22, 2025: 10:00am

[< back](#)

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