

Tuesday, October 10, 2023 - Monday, January 1, 2024

sarAika contemporary classes

Company: sarAika | Gramercy Studio
Venue: Gramercy Studio
Location: Manhattan, NY

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



BECCA VISION

In this class, sarAika will share their discoveries and analysis of the use of the body through a warm-up that focuses on increasing the space of the joints while stretching. Followed by exercises that contain floor work foundation & guided choreography which leads to fluid and dynamic movements. sarAika in this class aims to introduce diverse ways to use the body in space and new awareness of approach of movements in our bodies, applying joints fluidity allowing to dance wider and in your organic way.

Sara: Every Monday 4:00~5:30pm
Aika: Every Tuesday 5:30~7:00pm

GRAMERCY DANCE STUDIOS
122 E 25th Street. Manhattan, NY 10010

For more visitit [sarAika](#).

sarAika | Gramercy Studio
122 E 25th Street
Manhattan, NY, 10010
<https://www.gramercydancestudios.com/schedule>

Schedule
October 10, 2023: 5:30pm
October 16, 2023: 4:00pm
October 17, 2023: 5:30pm
October 23, 2023: 4:00pm
October 24, 2023: 5:30pm
[more](#)

[< back](#)

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