

February, 14-16, 2025

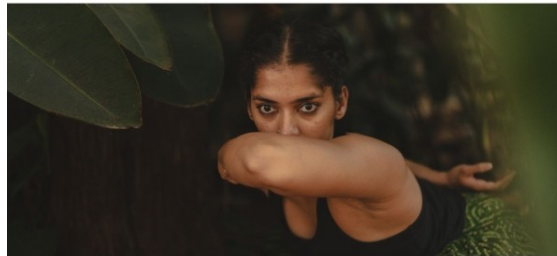
Strength in Stillness : 3 day intensive in the world's oldest martial arts

Company: Kommunity
Venue: Gibney
Location: NEW YORK, NY

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STRENGTH IN STILLNESS

3 - DAY KALARIPAYATTU INTENSIVE



Find your inner warrior

Dive into the world's oldest martial art. Learn the basics of Kalaripayattu and the rich movement wisdom rooted in its traditional knowledge.

14, 15 & 16 February 2025
280 Broadway (Lower Manhattan)
02/14 : 6 - 8 PM
02/15 : 4 - 6 PM
02/16 : 4 - 6 PM
Multiple studios



Akila Venkat

Strength in Stillness: A Kalari Intensive

Join Kommunity this February for a three-day deep dive into Kalaripayattu, the ancient martial art of Kerala, India. Known as the "mother of all martial arts," Kalari blends strength, mobility, and mindfulness with dynamic movement sequences.

This 120-minute, three-session intensive will introduce foundational Kalari techniques, including:

Strength & mobility training for injury prevention
Chuvadugal (stances), Vadivugal (animal postures), Kalugal (leg swings)
Meipayattu (full-body sequences)

? February 14 – 16, 2025
? 280 Broadway, Lower Manhattan
? \$150 for all three sessions

About Kommunity & Swati Prasad Pyda

Kommunity is a movement wellness initiative dedicated to integrating ancestral movement wisdom into contemporary practices through classes, workshops, and immersive retreats. Founded by Swati Prasad Pyda, a movement artist, Kalari practitioner, and wellness educator, Kommunity bridges tradition and modernity to cultivate strength, flow, and resilience in everyday movement.

This intensive is designed for dancers, movement practitioners, and anyone seeking strength, agility, and deeper body awareness.

Spots are limited—register now! For more details, contact swati@kommunity.earth.

Kommunity
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9175284158
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Schedule
February 14, 2025: 6:00pm
February 15, 2025: 4:00pm
February 16, 2025: 4:00pm

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