

RAPHAEL XAVIER

GROUND-CORE
TECHNIQUE CLASS

NOV 12 \ 11AM

STUDIO 2
@ THE CLARICE

To register, contact
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THE CLARICE
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Rooted in Xavier's own Ground-Core technique (a Somatic dance technique) the class allows for each participant to identify and strengthen his/her own core, creating an awareness of how it shifts and moves throughout space. The instructor deconstructs various breaking movements which participants are then taught to perform. By making these movements accessible to any body type, the class helps create a new vocabulary for the practitioner, allowing for a better understanding of the body within all dance forms.