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**Beach Sessions Dance Series returns to Rockaway Beach, Queens
for its fifth season with a public DANCE CLASS SERIES, August 19 - 22, 2019**

Beach Sessions Dance Series is proud to return to Rockaway Beach, Queens for its fifth season. This year the series is changing up the format and hosting daily dance classes of diverse styles, open to the public and taught by new artists who have a teaching practice and artists that have previously presented at Beach Sessions.

Teaching artists include Loni Landon, Cori Kresge, Karma Stylz, Ephrat Asherie, Omri Drumlevich, Dance Church and Biba Bell. **Full schedule and class descriptions below.**

The classes are for all ages and experience levels!
You can pre-register at www.beachsessionsdanceseries.com or walk-in.
Pay what you wish.

Location: [Low Tide Bar](#), Beach 97th St Concession on the boardwalk.

MONDAY, AUGUST 19 | 11:00AM

LONI LANDON

CONTEMPORARY

This class produces very visceral movement, challenging the body to push for new ideas in both mental and physical approaches. The class will incorporate improvisation, imagery and investigation of the dancer's own natural way of moving.

MONDAY, AUGUST 19 | 12:30PM

EPHRAT ASHERIE

HOUSE

This class will introduce students to several foundational elements of house dance, including footwork ideas and the importance of a freestyle approach to the style. The cultural context in which this dance was created and where it continues to thrive will be underscored and celebrated. Be ready to sweat and put in the best kind of werk! All ages and experience levels welcome!

TUESDAY, AUGUST 20 | 11:00AM

OMRI DRUMLEVICH

GAGA/PEOPLE

Gaga/people classes offer a framework for users to connect to their bodies and imaginations, experience physical sensations, improve their flexibility and stamina, exercise their agility and explosive power, and enjoy the pleasure of movement in a welcoming, accepting atmosphere.

Throughout the class, participants are guided by a series of evocative instructions deployed to increase awareness of and further amplify sensation. Rather than turning from one prompt to another, information is layered, building into a multisensory, physically challenging experience. While many instructions are imbued with rich imagery, the research of Gaga is fundamentally physical, insisting on a specific process of embodiment. Inside this shared research, the improvisational nature of the exploration enables each participant's deeply personal connection with Gaga.

TUESDAY, AUGUST 20 | 12:30PM

DANCE CHURCH

GUIDED FITNESS

Dance Church is an all-abilities movement class that offers a fun and inclusive approach to dancing. Designed for people of all shapes and sizes, backgrounds and identities, Dance Church is a communal space for people who want to move their bodies.

The teacher leads this 90-minute class in a series of movement cues, accompanied by a curated playlist of multi-genre pop music. The format is open but guided throughout.

Wear clothes you can sweat in. Most people go barefoot or wear socks.

Get lost dancing and sweat (a lot) together—it's the dance party you wish you had last night.

WEDNESDAY, AUGUST 21 | 11:00 AM

CORI KREGG

ACCESSING ZERO

A non-binary, physically charged, existential experience of the digital binary system made of 1's and 0's. An animated meditation on the polarity of 1 and 0/everything and nothing.

This class will playfully incorporate ancient Buddhist wisdom, Zero Balancing energy work, ecstatic dance, and meditative stillness, in search for the tangible meaning of Zero.

Accompanied by live music.

WEDNESDAY, AUGUST 21 | 12:30 PM

KARMA STYLZ

VOGUE ESSENTIALS

Learn the Essentials! Learn How to vogue! Step-By -Step in a Fun and Easy to Follow Voguing Class Taught by Choreographer Karma Stylz, from Pose!

THURSDAY, AUGUST 22 | 11:00 AM

BIBA BELL

INNER SURF OUTER TURF

From the pier to the sand to the sea, this playful, physically experimental class will transform in the movement across surfaces, textures, bodies, and beach zones. Opening up the body, celebrating the day, having fun with each other, this class will groove with moments of solo exploration, group experience, sonic vibrations, and sensorial play. We'll find warm our bodies and commune on the pier, launch off and get lost

in the sand, cool down and flow with the waves. Come, let's move together - get sweaty, sandy and salty!

DIRECTIONS:

Train: Take the "Far Rockaway" bound A train and transfer to the S-shuttle at Broad Channel and take it to B98 Street - Playland, walk to the beach (5-min. walk) to the concession stand. Allow at least an hour for travel!

Ferry: Take the Rockaway-bound Ferry to B108th street, walk to the beach (10-min. walk), and down to B97th on the boardwalk to the concession stand.

Beach Sessions Funders and Partners

This series is made possible (in part) by the Queens Council on the Arts with public funds from the New York City Department of Cultural Affairs in partnership with the City Council, and by Black & White Project Space and the Rockaway Retreat House.

Social Media

Facebook: @BeachSessionsRockawayBeach

Instagram: @beachsessions_rockaway

Twitter: @sessionsbeach