Gaga classes are based on a deep listening to and awareness of the scope of physical sensations. While class instructions are often imbued with rich imagery that stimulates the imagination, the layering of information builds into a multisensory, physically challenging experience. Gaga offers a workout that develops flexibility, stamina, agility, coordination, and efficiency of movement.

La conferenza (in lingua inglese) è organizzata nell’ambito del Laboratorio Arti Visive 4 (docente Giulia Savorani)