

A few instructions before you start...

We work continuously: The class is one session without pauses, based on a series of overlapping instructions. It is important not to stop while the teacher is giving instructions or in the middle of the session. This allows us to develop our ability to connect to our entire body while receiving the instructions. If need be, you can always play with the volume of your effort, but without losing sensations that were already awakened.

Layers of information: Each instruction is added to the previous one, layer upon layer, and we continue to attend to the instructions already introduced – and to their impact on our bodies – throughout the duration of the class.

Expand the scope of your sensations and your range: Gaga's instructions guide us to move while discovering our sensations and movement qualities. We are aware of and work with gravity, the flow of information and energy through the body, textures of the body, and the layers of skin, flesh, and bones. We encourage you to connect to pleasure and joy as you move and to find these especially during effort (effort is different than pain).

We work with our eyes open: Keeping our eyes open during the class strengthens and develops the brain. Additionally, we want to watch and imitate the teacher. You are invited to be inspired by the teacher and by other people in the room. Please be aware of people around you and the space that they need.

Speaking: If you have any questions or remarks, please save them for after class, and then you are welcome to speak with the teacher and other participants. Make sure to turn your phone off before class.

Classes start on time: It is advised to arrive 15-20 minutes early. **There is no entry for latecomers.**

Injuries and illness: If you have any limitation, restrictions, or physical pain – permanent or temporary – talk to the teacher before the class starts. The only pain welcome in Gaga is the burning sensation in our muscles.

We work without shoes.

We will be happy to hear any thoughts you have about your experience.

About Gaga

Gaga is the movement language developed by Ohad Naharin throughout many years, parallel to his work as a choreographer and the artistic director of Batsheva Dance Company. Gaga originated from Naharin's need to communicate with his dancers and his curiosity in the ongoing research of movement.

Gaga classes are predicated on a deep activation of the body and physical sensations. The instructions are deployed to increase awareness of and further amplify sensation, and 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 and on top of clear forms, the improvisational nature of the exploration enables each participant's deeply personal connection with Gaga.

Gaga provides a framework for discovering and strengthening the body and adding flexibility, stamina, agility, and skills including coordination and efficiency while stimulating the senses and the imagination. The classes offer a workout that investigates form, speed, and effort while traversing additional spectrums such as those between soft and thick textures, delicacy and explosive power, and understatement and being over the top. Participants awaken numb areas, increase their awareness of habits, and improve their efficiency of movement inside multilayered tasks, and they are encouraged to connect to pleasure inside moments of effort. The research of Gaga is in a continual process of evolution, and the classes vary and develop accordingly.