October 3 - December 19, 2023

Adult Beginner Modern Dance Class

Company: Mamabird Dance
Venue: Dancewave
Location: Brooklyn, NY

Join me for a weekly adult dance class designed for movers of any experience level. The modern-based class is appropriate for those with no-to-little experience with dance. It is recommended that you have a foundational level of fitness, but exercises can be modified for any mover. If you've always wanted to take a dance class but have been intimidated, or if you've been away from dance and need a supportive environment where you can begin again, we welcome you to All-Levels Modern. We focus on breath, safe movement practices, rhythm and strength. (Anyone who grew up in the 80's will appreciate the soundtrack!)

What makes our class unique: we build a community of adults who wish to experience the joy of movement in a supportive setting.

$12 / class. Register by emailling bethrodriguez@me.com, messaging at https://www.instagram.com/mamabird718, or https://account.venmo.com/u/mamabird718.

Mamabird Dance
182 4th Ave
Brooklyn, NY, 11217
https://dancewave.org/adult-dance-program/

Schedule
October 3, 2023: 8:00pm
October 10, 2023: 8:00pm
October 17, 2023: 8:00pm
October 24, 2023: 8:00pm
October 31, 2023: 8:00pm
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