

February 19 - March 26, 2015

BodyMind Dancing Winter Classes at Brooklyn Arts Exchange

Company: BodyMind Dancing TM
Venue: Brooklyn Arts Exchange (BAX)
Location: Brooklyn, NY

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BodyMind Dancing TM with Dana Davison in Brooklyn:

BAX-Brooklyn Arts Exchange, 421 5th Avenue, Brooklyn, NY 11215

Thurs. 9:15-10:15am Feb. 19th - Mar. 26th

dana@thesomafox.com 718-499-7409

BodyMind DancingTM (BMD) was developed by Dr. Martha Eddy for easygoing and pleasurable exercise to music. This movement class is full of anatomical gems that strengthen body connections and support creativity. We use music from around the world and vocalize, play with dance phrases and improvise to explore the inner body and enjoy company. Come to dance, relax, invigorate, heal or play. BMD was the first dance class to incorporate yoga, dance, and somatic education (body awareness) back in 1986 and now it's taught around the world.

Join our mailing list to learn about special classes with Laura Gates on Hanna Somatics followed or preceded by BodyMind Dancing – it's a winning combo!

Join us for fun & health, or as a step toward BodyMind Dancing Teacher Certification

Jan 18 (for Laban/BF or BMC dance educators), Jan 24, and/or Feb 28-March 1

www.DynamicEmbodiment.org - Certification - for more info

BodyMind Dancing TM
421 5th Ave
Brooklyn, NY, 11215
<https://www.eventbrite.com/e/somatic-dance-pedagogy-workshop-bodymind-dancing-and-moving-for-life-teacher-training-tickets-13661300317>

Schedule
December 26, 2014: 8:00pm

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