

Sunday, March 21, 2021

Gospel Dance 'n Tone - EOEFF 21

Company: SMUSH Gallery
Venue: Smush Gallery/Virtual
Location: Jersey City, NJ

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Presented as a part of [SMUSH Gallery's](#) Curatorial Fellowship in Dance '20-'21. We are offering 20+ movement workshops through the Essence of Embodiment Festival on March 18th - 21st, 2021. Live Captions will be provided. All classes are offered through Zoom

Gospel Dance 'n Tone is taught by Marlene Watts

Sunday 3/21/21 at 9 to 10 AM ET

Class Description:

Gospel Dance 'n Tone is 60 mins of upbeat dance-cardio and bodyweight strengthening exercises set to motivational Contemporary and Afro-Caribbean Gospel music. WARNING: This is not your average praise dance experience! It is definitely "exercise in disguise" that's heavy on the spiritual/healing vibe.

No props/equipment necessary.

Great for all bodies.

Our festival passes are offered on a donation-based sliding scale, no one will be turned away because of a lack of funds.

[All-Access Pass](#)

[Film Single Day Pass](#)

[Single Class Pass](#)

Visit: smushgallery.com or embodiment.dance for more information

Email: bonjour@embodiment.dance with any questions

SMUSH Gallery
340 Summit Avenue
Jersey City, NJ, 07306
<http://www.embodiment.dance/festival>

Schedule
March 21, 2021: 9:00am

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