

July, 3-31, 2021

## Just Dance July! Hybrid Modern Dance Open Class with Nicole Sabella

Company: The Nourished Dancer  
 Venue: Brooklyn Arts Exchange + Zoom  
 Location: Brooklyn, NY

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### Just Dance July

A 5 Class Hybrid Modern Dance Series, happening every Saturday through the month of July

With *Nicole Sabella - Dancer with Mark Morris Dance Group, Dance Educator + Certified Wellness Coach for Dancers*

In-Person at [Brooklyn Arts Exchange](#) OR Virtual via Zoom

BAX: 421 5th Ave Brooklyn, NY 11215

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*Are you ready to fly free this summer? To be bold? To just dance?*

After the last year + some change, restricted to limited dance space, I don't know a single dancer who isn't looking for that freedom + the feeling that only an immersive movement class can bring.

I invite you to join me + [The Nourished Dancer](#) Community for...

### [Just Dance July](#)

Through a technically sound modern-based movement progression— each class is designed to have you experience your movement + your body in an inclusive setting that encourages your risk-taking, your artistry + your exploration.

You are the creator here!

Curate your own immersive experience with the power of your choice.

Drop-in to a single class or engage in the 5-class series as a progressive intensive, available in person or virtually.

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Every Saturday of July 2021

12:15p-1:45p ET @ BAX or on Zoom

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### Meet Your Instructor

Nicole Sabella hails from Clearwater, Florida, where she studied at the Academy of Ballet Arts and the Pinellas County Center for the Arts at Gibbs High School under Suzanne B. Pomerantzeff. In 2009, She graduated from the University of the Arts in Philadelphia, PA, earning her B.F.A. in Modern Dance Performance and the "Outstanding Performance in Modern Dance" Award.

Currently, Nicole is a member of the internationally renowned Mark Morris Dance Group. First appearing with MMDG in 2013 at Lincoln Center, she has since toured globally with the group as both a performer and educator.

Nicole has taught the littlest of dancers through advanced professionals and continues to be inspired by every age group. She has worked with New York City Ballet offering outreach in public schools, JCC Manhattan, Dancewave, and within the school at MMDG, working extensively with the Teen MMDG Student Company, among others.

In 2018, Nicole received her Holistic Health Coach certification from the Institute for Integrative Nutrition. She has since combined her passions and founded her company, The Nourished Dancer. Merging together body-positive nutrition, growth mindset, and dance training, she helps aspiring professional dancers build the confidence and sustainable wellness needed to skyrocket their performance and live the dance life they dream of.

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Visit <https://justdancejuly.lpages.co/the-nourished-dancer/> to sign up for your single class or 5-class experience.

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This is for you if...

\*\*You love modern dance-- the richness, the flow, the earthiness + the groove.

\*\*You are craving the freedom to experience your movement in a safe + dedicated open space with other artists.

\*\*You regularly take intermediate to advanced classes + you're looking to reach your next level as a dancer through challenging material in an encouraging setting.

\*\*You love the option of curating an immersive experience through your choice + personal needs. Drop-in to a single class or engage in the 5-class series as a progressive intensive, available in person or virtually.

\*\*You're ready for a method of training that uplifts you + pulls out your deepest potential so that you feel empowered + confident to take bold risks in + out of the studio.

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The above lines are only words on a page.

*Join me to actualize + physicalize this mission inside TND Just Dance July Class Series!*

It's your time to...

Fly Free. Be Bold. Just Dance.

Be the creator of your dance experience!

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<https://justdancejuly.lpages.co/the-nourished-dancer/>

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The Nourished Dancer  
421 5th Avenue  
Brooklyn, NY, 11215

<https://justdancejuly.lpages.co/the-nourished-dancer/>

Schedule

July 3, 2021: 12:15pm

July 10, 2021: 12:15pm

July 17, 2021: 12:15pm

July 24, 2021: 12:15pm

July 31, 2021: 12:15pm

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