

Thursday, October 31, 2024

Contemporary Class with Forza Dance Director Michaela Barron!

Company: Forza Dance
Compensation: N/a

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Madison Hart

Join Forza Dance Director Michaela Barron every Wednesday in November at DanceWave for an enriching Contemporary-based class. Explore choreography and make it your own, fostering greater artistic expression. This open-level class is welcoming to anyone and everyone, with a focus on mindfulness, improvisation, and community.

Wednesdays Nov. 6, 13, 20, 27
10:30am- 12:00pm
Dancewave (182 4th Ave, Brooklyn, NY 11217)

The class begins with meditation, yoga, and prompt-based improvisation to help participants warm up and cultivate a strong mind-body connection. We will then progress to guided movement exercises that promote both grounding and a sense of expansiveness in space. Afterward, we will learn choreography, and participants will receive prompts to personalize the movements. The class will prioritize an open, communicative, and supporting atmosphere, encouraging everyone to explore their creativity together.

Pricing: \$15/Class

If this amount is not accessible for you, please feel free to contribute what you can. Venmo @forzadance or pay cash/zelle/paypal upon arrival

[Learn more and reserve your spot here!](#)

Forza Dance
forzadance.org

For more information:
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