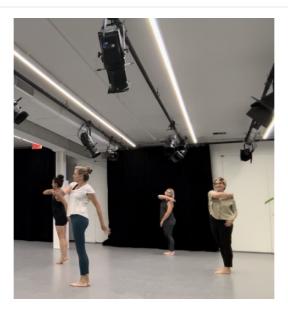


## OUR NEW YORK CITY DANCE

October 3 - December 19, 2023

## Adult Beginner Modern Dance Class

Company: Mamabird Dance Venue: Dancewave Location: Brooklyn, NY ► Share | Print | Download



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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