

June 25 - July 9, 2016

LIBRE DANCE SERIES

Company: DANCE SOUL COMPANY
 Location: Long Island City, NY

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Let's begin the summer by liberating ourselves from the daily limitations of mind and body. Find a happy place while seamlessly exercising the physique and resting the brain. Find freedom in movement.

Instructed by Sol Diaz & Kamil Lowe

Each class will begin with an intense warm-up focusing on floor and standing stretches conditioning legs, arms, back and core through basic pilates/yoga positions infused with ballet technique. Dancers will work on flexibility, stability & proper technique for turns and jumps across the floor. Followed by a contemporary, jazz or hip hop choreography.

DATES / TIMES / STYLE :
 JUNE 25TH 4-6PM HIPHOP
 JULY 2ND 4-6PM CONTEMPORARY
 JULY 9TH 4-6PM JAZZ

PRICING:
 Per class \$20
 Bring a friend ! \$5 OFF !

For more information & to RSVP please email asolange.dia@gmail.com

DANCE SOUL COMPANY
 37-24 24TH ST SUITE 302
 Long Island City, NY, 11101
 3477380250

Schedule
 June 25, 2016: 4:00pm
 July 2, 2016: 4:00pm
 July 9, 2016: 4:00pm

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