

June, 1-22, 2020

## Self-Care at Home

Company: JENNIFERCHINdance  
Location: Brooklyn, NY

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Is your body feeling a little off from taking online dance class? Do you miss your massage therapist and acupuncturist? Join me for a 4-week series to give yourself body work, using tools you may have at home. Each week we will use a different prop (ball, roller, or bolster, etc.) Classes are 45 minutes. The fee is \$5-\$10 or whatever you can afford. Email [luminousbody@mac.com](mailto:luminousbody@mac.com) for more details and zoom link.

Here's my short bio: Jennifer Chin has performed and taught throughout the US and abroad with many inspiring choreographers. Her own choreography has been presented at Festivals in Croatia, Scotland, Italy, Nicaragua, and Guatemala. Jennifer is an instructor in the Humphrey-Limón technique, yoga, pilates and embodied anatomy.

For more info, check out [www.jenniferchindance.com](http://www.jenniferchindance.com) and [www.luminousbody.net](http://www.luminousbody.net)

JENNIFERCHINdance  
46 Duffield St. #2  
Brooklyn, NY, 11201  
917-833-6674

Schedule  
June 1, 2020: 5:00pm  
June 8, 2020: 5:00pm  
June 15, 2020: 5:00pm  
June 22, 2020: 5:00pm

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