

FOR AUDIENCES

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Saturday, October 24, 2020

The Nourished Dancer's October Class- Ballet + Body Positivity (Virtual Ballet Class)

Company: The Nourished Dancer - Sabella Wellness

Venue: Virtual Class on Zoom

Location: Brooklyn, NY

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No matter the heights you reach in your pre-professional or professional dance career, there's always the persistent message that your body should somehow be different than it is. This part of dance industry culture could be keeping you stuck in the mindset of never being happy with the dancer that reflects back at you in the mirror (or these days, the Zoom screen) + never feeling good enough.

It's time to take your energy back from the haters, the people who may have dropped doubt on you, or told you something about you wasn't "right". (whatever "right" is anyway.)

It's time to focus it on what **really** matters... your dancing

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This month's virtual TND Class...

Ballet + Body-Positivity, is centered on recognizing your body as a seriously miraculous instrument that allows you to be the super talented dancer that you are!

But make no mistake, you'll be conditioning that serious adv-level technical skill of yours all at the same time.

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Join me on Sat 10/24 at 12p ET

Class exchange is \$10

If you're ready to take back all the energy from the haters, the energy you've spent on wishing your body to be different + refocus it on the joy you feel when you're dancing + all the amazing-ness your body DOES do for you- I know this is the class for you!

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Sign-up at: www.sabellawellness.com/tndc-sign-up

Your Zoom Link + Payment Info will all be sent right to you.

(50% of class fees will be donated to @beauty_redefined to support the research-backed body positivity movement.)

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About your teacher:

Nicole Sabella is a member of the internationally renowned, Mark Morris Dance Group. She has taught within The School at Mark Morris Dance Center, in public schools through New York City Ballet outreach programs, and masterclasses around the globe touring with MMDG. Nicole is also a Holistic Health Coach, certified by the Institute for Integrative Nutrition.

Nicole recently developed [The Nourished Dancer](#) 1:1 virtual program, where she mentors pre-professional dancers, who have recently completed college or a training program. TND helps dancers find the balance and confidence to break into the concert dance industry, through body-positive nutrition coaching, mindset awareness, and dance training.

Nicole grew up in Florida, training at the Academy of Ballet Arts and the Pinellas County Center for the Arts at Gibbs High School, under Suzanne B. Pomerantzeff. She followed, earning her BFA at the University of the Arts, Philadelphia in 2009, and receiving the "Outstanding Performance in Modern Dance" award upon graduation.

Nicole is wife to an incredibly talented NYC chef, and they live together in Brooklyn, NY. She is passionate about body-positivity, personal growth, teaching dancers how to fuel their bodies, building confidence, and nurturing the creative spark within every artist.

The Nourished Dancer - Sabella Wellness
Planet Earth
Brooklyn, NY, 11232
<http://www.sabellawellness.com/tndc-sign-up>

Schedule
October 24, 2020: 12:00pm

[< back](#)

[previous listing](#) • [next listing](#)