

Beginner Contemporary

Instructor: Kelly Armbrust

Date/Time: Sunday, July 16, 11:30am-1:00pm

Location: Open Door Integrative Wellness

Description: Join us for a fun and eclectic approach to modern/contemporary dance! Class will include floor work, standing center work, traveling phrases and creative explorations with a focus on both our inner and outer experiences of moving through space and settling into stillness. We will discover greater strength and mobility, explore efficient movement pathways and play with concepts like grounding and release/recovery. Ultimate goal? To feel good and learn to inhabit our bodies more fully.

Bare feet and comfortable clothing. Questions? Kelly and kelly.opendoorwrj@gmail.com

Bio: Kelly holds a BA in Dance and an MA in Dance/Movement Therapy. She danced with Anonymity in Charleston, SC and Still Moving Ensemble in Boulder, CO and has taught modern dance in a variety of settings including as an artist-in-residence in public schools. She believes that dance can connect us more deeply to ourselves and our world, and strives to awaken a growing curiosity and authenticity in her students, leading to greater depth and dimensionality in the dance.