

CoMotion Children (ages 0-5 and their caregivers)

Instructor: MC DeBelina

Date/Time: Saturday, July 15, 10:00-11:00am

Location: Open Door Integrative Wellness

Description: Class engages both child and adult through a variety of techniques exploring the joy of movement.

Bio: Mary Chris DeBelina's focus since 2008 has been primarily teaching children creative dance and raising her growing family. MC studied Biology and Dance at Dartmouth College (B.A. 2005) and combined her two passions at Sarah Lawrence College receiving an MFA in Dance (2008). Her thesis work focused on the links between science and art.

After having four children, MC is excited to be finding her way back to dance again. MC is the current Executive Director of the Vermont Dance Alliance and can be found dancing in Montpelier, hiking up or skiing down mountains and folding mountains of laundry. Formally, she dances with Willow Wonder and Hannah Dennison, has shown her own work at Phantom Theater. MC teaches at Contemporary Dance and Fitness Studio and Montpelier Senior Activity Center.

MC's long time collaborator, Oliver Caplan, is the director of Juventas New Music Ensemble in Boston. MC has had the privilege of dancing for Juventas as a guest artist since 2018 and is proud to be a part of an award winning piece, Shell and Wing, which won The American Prize Ernst Bacon Award for Performance of American Music.

In 2005, MC founded the Hopkins Center's Children's Creative Dance Program at Dartmouth and taught every class until 2012 when her family relocated to Philadelphia. As a faculty member at Dartmouth she was fortunate to perform with, and choreograph for, the Dartmouth Dance Ensemble and was a frequent guest teacher.

When living in Philadelphia, MC was introduced to Dance for PD and attended the Teacher Training Workshop in Brooklyn in 2013. She taught movement for Parkinsons classes for two years in Philadelphia and now teaches here in Montpelier.

MC finds dance in everything and currently her biggest inspirations are her four tiniest dancers.