



Move, Groove and Embody The Rhythm

African Roots Dance class

Thursdays, April 1, 8 and 15, 2021

11:00-12:00

**The Council on Aging presenting
Move, Groove and Embody The Rhythm**

African Roots Dance class

What to Expect to do

1. Guided Meditation allowing space to drop more fully into our bodies and become more present in the moment
2. Body Alignment and vigorous full body seated warm up
3. Dance movement combinations standing behind chair or seated
4. Learning and dancing choreography that we will add to each week, standing or sitting.

What to expect to gain

Substantial inner alignment including mind, body spirit connections
A body that is fully inhabited
And a good work out.

**To register, call the Cambridge Council on Aging at
617-349-6220**