

The Art of Dancing

Fridays

11:00-12:00



All In Movement Dance Classes by The Dance Complex

This dance class incorporates many modalities of movement and body awareness including meditation, yoga, and modern, jazz, flamenco and African diasporic dance. Designed for people over age 60 or people with mobility challenges, we adapt movement to suit our individual bodies. Care partners, family members and friends of anyone wanting to participate are also welcome to join the class.

What we do in class:

- We make time to become present and allow for awareness and acceptance of the state of our minds, bodies and spirit
- We focus attention on our breath, stretch and strengthen muscles, isolate body parts in movement, move in patterns and to rhythms, use our voices, create original movement, learn sequences of steps, and dance individually, with partners and as a group in either standing or seated positions
- We dance to live musical accompaniment and various genres of recorded music to enhance our movement, listening skills and emotive responses

We have a good time! There is an emphasis on having fun and connecting with others.



This Program is for senior 60+
Cambridge Citywide Senior Center
806 Massachusetts Avenue
Cambridge, MA.02139

