

TUNE and FLOW

Workshops in GYROKINESIS® and WASSA DANCE
with Marie Chong and Lara McIntosh

Friday, May 14	6-8pm	Cost: \$30
Sunday, June 13	9am-Noon	Cost: \$45
Friday, July 23	6-8pm	Cost: \$30

**THREE in ONE! Register for ALL THREE Workshops
by May 10th and your cost is only \$85**



Where: ARC Dance Space 9250 14th NW Seattle 98117 (N. Ballard/Crown Hill)

Space is limited! Pre-registration is recommended.

Contact: Lara at lara@wassadance.com

Wassa Dance is an Afro-infused form of movement inspired by the rhythm of music. A creative blend of fitness, the physical and healing arts, this form integrates the body, mind and spirit, through dance. The classes are designed to build deep connectivity, cardiovascular health, flexibility, and overall well-being.

GYROKINESIS® exercise allows you to engage the entire body by moving through natural circular motions that stretch and strengthen the body. Postures are not held for long periods of time. Instead, shapes are smoothly and harmoniously connected through the use of breath and motion, making the exercises feel more like dance than traditional yoga. This class moves fluidly for one hour from beginning to end. Students follow along with the teacher. No previous experience necessary.

About the Instructors:

Lara McIntosh has a deep love of music. She continuously gathers inspiration for her classes from travel and cultural studies of Brazil and Mali, West Africa. She has been teaching movement classes for over 20 years and has been offering Afro-infused dance classes to the Seattle community since 1997. She teaches dance residencies in local, public & private schools, retreat workshops, and is a guest teacher at Arc School of Ballet. Lara's lifelong curiosity about movement and culture are muses in her classes and life.



Marie Chong has been teaching various movement-related disciplines for over 20 years: Ballet, Pilates, GYROTONIC® and GYROKINESIS®. Marie was a professional ballet dancer which fostered a lifelong interest in healthy movement. Her knowledge of the body, kinesthetic movement, and various therapeutic modules is an asset that she continues to develop and pass on to her students and clients. She is the Director/Owner of Arc School of Ballet and the Artistic Director of ARC Dance Company in Seattle, Washington, USA where she also works with private clients that include musicians, singers, actors, dancers, elite athletes, as well as non-professional movers to design individually-tailored healthy postural and kinesthetic improvements.