



Contemporary Dance For Adults

4-Week Workshop on Tuesdays at 7:45

February 5, 12, 26 and March 5

4 weeks for \$80 or \$25 single class

Class will begin on the floor, exploring ranges of motion and relationships to gravity. It will progress into standing warm-ups and movements across the floor, culminating in a short combination each week. We will explore various ways of moving, combining actions rooted in both effort and ease. My goal is to create an environment where people feel free to explore their own voice as a dancer, whether they have years of experience or are stepping into a class for the first time. Please wear comfortable clothes you can move in. No shoes needed.

Teacher: Cynthia Bueschel Svigals

Student _____

Address _____

City _____ **State** _____ **Zip** _____ **Phone** _____ **Cell** _____

E-mail _____

Level of Experience _____

Checks payable to: MK Dance LLC

Send to: MK Dance LLC
24 Tree Top Lane
Dobbs Ferry, NY 10522

Class Location:
St. Matthew's Lutheran Church
7 Farragut Ave Hastings-on-Hudson

I hereby release MK Dance LLC and its employees from all liability for personal injury, illness or loss of property while participating in classes. I give permission to MK Dance LLC and/or its representatives to use photographs and/or video of myself or my child, while taken in MK Dance LLC classes and events, to be used in promotional materials and publications.

Name of Student _____

Signature of Student _____

Please contact Michelle at 914-393-8673 or michelle@mkdancelc.com with any questions.
www.MKDANCELLC.com