

New Class  
this Summer!



Join **Rachel Chase**; dancer,  
interdisciplinary artist, performer, and  
teaching artist for...

## DYNAMIC DANCE

Monday nights 6:30 – 7:30pm

YOGA AT THE ASHRAM ~ all summer

~~~FIRST CLASS – JUNE 7<sup>th</sup> – FREE CLASS! ~~~

\$15 drop in (or class card)

Do you need an outlet for your creative and emotional energy? We are offering new dance classes – Soulful, Playful, and Experiential. Come enjoy Creative Movement, Expressive, and Ecstatic Dance designed for all levels and all adult age groups, and all interested in exploring movement in a group setting. Never thought of your self as a dancer, but love to dance around the house? Are you a dancer at heart with no outlet, in need of something fresh and fun?

Dynamic Dance is a low-impact form of exercise and fun way to ground your awareness in your body, set to various styles of music, from world beats, to meditative soulful electronica, to pure healing sounds. There's no need to memorize any particular technique or practice specific steps. Come as you are and be open to exploring your creativity through dance! Our bodies' wisdom is Divinely Dynamic!

– wear loose, comfortable clothing you can move in, bare feet on wood floor



About Rachel: Dance is truly her passion and her release. She has trained in many classical dance forms and expressive arts with highly acclaimed, masterful teachers over the years. She has a BFA in Studio Art and has been performing and teaching for twenty years in capacities ranging from children's dance, art, and dramatic play to experimental work with mixed abilities dancers as well as creative movement with active adults and seniors. She uses dance in conjunction with her video and performance art as well. She is a long-time student of the yogic arts, incorporating her training in yoga and healing arts into the dance classroom. For Rachel, dance is a celebration of Life, a pure expression of the Soul! You can see her work at - [musehybrid.com](http://musehybrid.com)

Location: Yoga at the Ashram  
368 Village Street, Millis, MA 02054  
Information: 508-376-4525

