



Elizabeth (Liz) has always had a passion for dance and the deep connection of physicality and our overall health and well-being. She holds a bachelor's degree in theater and dance performance and has had a long and diverse career as performer and teacher since 2007.

Having taught classes both at home and abroad, I have come to realize I have a unique skill with younger students. I can communicate and connect with them, making their ability to engage and grasp the class so much better. Teaching anyone requires patience and kindness, but teaching kids is a challenge of mental flexibility and playfulness every day, too.

Since becoming a parent, finding the time to dedicate to maintaining flexibility and restorative breathwork has been difficult so, I wanted to create a class that might be that dedicated time not only for my family but for other young families as well.

The class is called **Stretch & Grow**, and it will be **Saturday mornings at 10:30am**. The intention is for it to be a moment for families with young kids to come together in a fun, supportive group where we will learn about stretches and breathing deep. Any adult accompanying 1 or 2 young children is welcome! Ideally the youngest kiddos should be able to sit up on their own, but really kids of any age are welcome to join their adult for this class. We adults will focus mostly on modeling stretches and breathing, reconnecting with our bodies, and showing our kiddos how we can ground ourselves to find some peace.