

“She stepped in and let herself go. She found the dance of her long ago. It awakened her, quickened her to her essence. She found the Rhythm of her soul”. --Betty Isenhour



Dance connects me to who I am.



The true me! Not the pretty dance of my ballet years or the hip swaying twirl and swirl dance of the dance for him.

IT'S MY DANCE! The dance of liberation and joy. This is where I feel beautiful, connected, accepted, and free. I know once I get here I am in rhythm with my body, mind and spirit. I am renewed and the sensation in my body is released of its tension and stress. I have changed my cellular dialog and I have healed myself through dance and rhythm.

In my workshops and dance classes it does not matter if you have never danced before. It is sometimes better that you have never danced because this allows you to feel the sensation without any preconditioning from past muscle memory. I will use repetition, music and key stances, and key words to help you move with ease and enjoyable freedom. There is no judgment here... only pleasure, sensation, and the connection of others' energy pulsating as a community. It is lovely to experience and behold!

Join us for a **NIA Class**, SUNDAY, August 28, 2011  
At **YOGA in the FOREST**, 4006 Postal Way, Myrtle Beach, SC 29577  
843.385.6176 for questions

**NIA classes combine jazz dance, martial arts movements, and yoga. Open to MEN and WOMEN.**