

# HI SWEET SOUL!

## Welcome to Intuitive Dance Sessions with Anna.

I'm so excited that you're here. Whether you've been dancing professionally for years OR this is your first attempt at moving your hips—I'm invested in helping you connect with your body, heart, and soul.

## So what is Intuitive Dance, exactly?

Intuitive Dance is a take on “improvised dance”, meaning there is no choreography and no set style of moving! I won't tell you how to move, only what to focus on as you move. Through various exercises, students will be guided to find the movement and flow that comes naturally. They will be encouraged to trust within their own bodies.

## Why is Intuitive Dance important?

So often, we are told our instincts are wrong—in our creativity, our speech, our emotions, and especially when it comes to our dancing. In fear of being wrong, we are often stopped completely from trying. Out of fear of rejection from others, we reject our desire to express ourselves. In this class, we are going to approach our movement from the opposite perspective. We will both embrace and encourage ourselves and each other to move in the way that feels good. From here, freedom within self & magic ensues!

## How can I get involved?

Sign up for a **trial class** and join us! We can't wait to dance with you.

FOR MORE INFO: [ANNAEASTACTS@GMAIL.COM](mailto:ANNAEASTACTS@GMAIL.COM)