

Free!!! Day of Dance

Sunday, May 1, 1:00-5:15 pm

@ The Beat, 2560 9th Street, Berkeley

As part of Bay Area Celebrates National Dance Week, Big Moves is sponsoring another free Day of Dance for dancers and dancers-to-be of all sizes.

The day includes short but sweet classes in Jazz (with Phat Fly Girl Co-Artistic Director and technique superstar Jessica), Bollywood (with energetic returning favorite Vikashni), and Belly Dance (with the always-delightful Raks Africa). You'll also see a short performance by our very own Phat Fly Girls. Feel free to drop in and out all day, just be sure to arrive 15 minutes before any class to register.

And did we mention it's free? Questions? Contact matilda@bigmoves.org.

Schedule :

1:00-1:30 Welcome and Warm-Up

1:30-2:30 Bollywood with Vikashni

2:30-2:45 Break

2:45-3:45 Belly Dance with Raks Africa

3:45-4:45 Jazz with Jessica

4:45-5:15 Love Your Body Exercise and Phat Fly Girl performance

PLEASE NOTE: All Big Moves events are co-ed, G/L/B/T-friendly and open to dancers of all sizes. No spectators in classes: if you're in the studio, you've gotta try to move! Big Moves Bay Area is a fiscally sponsored project of Intersection for the Arts. All donations made to us through these organizations are tax-deductible.

PLEASE FORWARD THIS INVITE to size-accepting friends and email lists.

To get more information, view upcoming events, or preregister for classes, visit us at <http://www.bigmoves.org/> or like our facebook page at www.facebook.com/bigmovesbayarea