

Creative Dance Portland

A mindfulness approach to dance /movement improvisation



Follow the natural, kinesthetic feeling of your movements. Discover your unique authentic dance expressions. Experience community. Join with others to create group dance improvisations.



"Creative Dance Portland" is an on-going class based on Barbara Mettler's approach to dance improvisation. Participants cultivate awareness of the body and movement expression and with no external music listen deeply to their own movement impulses. The progression in each class includes a tune-up/tune-in, individual exploration of a movement theme that continues to dancing in duos, small groups and ultimately, whole group dance. Participants explore the relationship between self-expression and group demands and find creative solutions to navigate between the two.

Everyone, regardless of age, gender, dance experience, physical ability and body shape is welcome to participate in the dance!

When: Every Wednesday 10 - 11:30 AM

Where: "Opening to Life" - 407 NE 12th. Ave. Portland, OR 97232

Cost: \$8 per session or \$28 per month.

You are invited to come and give it a try. Please contact the instructor - **Yael Schweitzer** at: mindfultherapy@live.com or at 971-404-8249.

For more information on Barbara Mettler's approach please go to the International Association for Creative Dance: <http://www.dancecreative.org/> or www.barbaramettler.org



How do you make a dance?

You let one movement grow out of another-with your whole self in it. And the more your body, your emotions, your mind, your spirit are all integrated in it, the more alive it will be, the more meaning it will have.

- Barbara Mettler