WELLNESS THROUGH DANCE
Sandra Perez

Sessions I and II
Wednesday, 9:30 a.m. (begins on March 3)
Fee: $130 ($65 for each session)

This course will be built upon a weekly theme such as ‘Building the Body/Building Community’ while introducing the fundamentals of movement through exercise, dance, self-expression, and relaxation. The class format will include instructor guided, self-generated creative movement reflecting the weekly themes followed by a series of fun invigorating and restorative dance exercises and step patterns. These are designed to gently stretch the body, improve coordination, breathing, memory, cardio and balance all while moving to uplifting, motivating music. Dance routines are designed for sitting in a chair or standing therefore appealing to all levels. The space used will be minimal. No dance experience is necessary. Those with movement challenges are encouraged to join. Each class will end in a relaxing cool down designed to calm the mind, body, and spirit.

This course will be limited to 25 students.

Professor Emeritus Sandra Perez recently retired from the Department of Dance at Towson University where she was the co-director of the Dance Education Concentration. Previously, Professor Perez was a member of the dance faculty at The University of Maryland College Park, George Mason University, and Montgomery County Public Schools. She has taught Wellness through Dance for the Parkinson’s Foundation, Dance for PD®, and LifeBridge Health®. She is a LIMS® Certified Movement Analyst and teaches from a somatic based perspective while bringing the joy of movement to all.