

MOVING PAGES

SATURDAYS | 12:30 to 2:30
HAMLIN PARK FIELDHOUSE
(3035 N. HOYNE, CHICAGO, IL)
\$5 - Single Class \$60 - Whole Series
WWW.THEWATERINGCANDANCE.COM

- A CLASS FOR ANYONE WANTING TO MOVE WITH THEIR CHANGING STORY -



Photo by William Frederking

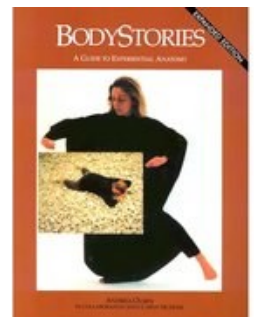
Moving Pages is a communal experience for anyone who says, at any time, "I can't dance." Its structure is made up of one part reading group, one part experiential anatomy and one part dance jam. Through instruction and self directed exploration, class is designed to engage your centers of language, imagination, visualization and sensation. Sessions begin with a guided movement experience led by Jessica Marasa and close with music and an open dance jam. Each session exists independently of that which came before it, however it's offered as a series to support your regular return to building confidence in your ability to change.

In *Moving Pages* you will:

- Dissolve Intimidating assumptions around your ability to move with ease.
- Ingest and digest information at your own rhythmic speed.
- Practice trusting and integrating your moving impulses.
- Freely express yourself through dance and gain awareness of your range of motion.

Source Materials and Schedule

The Spring 2016 sessions will work through *Bodystories*, written by Andrea Olsen. The practices introduced in the text will lead our investigation into how we sense ourselves in the space we inhabit and the space that surrounds us. The readings are short and simple and invite all levels of learning. Click [here](#) to purchase *Bodystories*.



- Please read the following selections prior to each session -

3/26	4/2	4/9	4/16	4/23	4/30 5/7	5/14	5/21	5/28	6/4	6/11	6/18	6/25	7/2	7/16	7/23
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