

CONT EM- PO RAR ✌️ D ANCE

Modern nutida dans för vuxna Fredagar kl 18,30 på Danzlagret i Majorna under sommaren.

Contemporary dance class for beginners and persons with previous experience.

Danzlagret in Majorna (a few minutes walk from tram stop Kapstensgatan) on Fridays at 18,30 to 20,30 during summer.

The class is influenced from release based technique and floorwork. Here we get encouraged to explore efficiency in movement through the use of weight transfer and momentum. Work on movement sequences that will encourage to refine the body awareness and challenge us to break habits. This class will leave you feeling like you have moved, made new connections and had fun.

Fore more information

Mobil: 0729331885

email: simon.kriisin@gmail.com

or just drop by 😊

Danzlagret in Majorna (a few minutes walk from tram stop Kapstensgatan) Fiskhamnsgatan 2

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