



Mama's Dance Workshop

Ling Hui's Dance Studio - Adult Beginning Contemporary Dance

Thursdays 12 ~1 pm
February 24 ~ March 31

Emphasis on body alignment and body awareness. Gentle warmup and stretching / body condition exercises and fun dance phrases. Develop strength, flexibility and confidence.

6 weeks - \$ 90 or Single class - \$ 20

(with Notice before class to make sure that the space is available).

Leggings / T-shirt or leotard / bare feet or cotton socks, kn 95 mask

Registration due February 18, or 1 day before class for single class

No registration fee.
Must register and sign waiver before classes.

(if you're new member of Mama's Dance)

COVID-19 Vaccination required.

linghuisdance.com
linghuisdance@gmail.com