

# DANCE WORKSHOP

**Saturday, October 13 - 1pm to 5pm**  
**Craik Town Hall**

**All ages welcome – bring the whole family!**

**Please register by calling Crystal at 734-7737**

**No cost – sponsored by the CSLP health committee  
through the Heart and Stroke “Fun Just Begun” grant**

“I teach a creative freestyle dance form focused on developing each individual’s unique style. I borrow many concepts from popular street styles including liquid, popping, shuffling and bboying (breakdancing) with a taste of circus arts. I encourage students to “free” themselves in movement. The emphasis is on improvisation by connecting music and motion rather than specific moves and routines. By eliciting your creativity and drawing out your best ideas, together we will invent new dance styles. I use a holistic approach that will serve as positive reminders for healthy living and well-being. The purpose of my program is to create a fun, safe and non-judgmental environment while promoting an atmosphere of teamwork and community and is intended for all ages. Interaction with other dancers is crucial; keep your eyes open and seek your own path.”

-Jason Danner, dance instructor