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THIS SUNDAY, DECEMBER 11....4:00pm TO 5:30pm

Location..Center for Nia Yoga, 4 central ave. Albany, NY

message RACHELLE SMITH-STALLMAN ON FB FOR BLDG CODE

Pure dancin' fun to some funky music! Creative movement, self expression, partnering, group improv, stretching and relaxation..all levels..for ACTORS dancers, doctors, writers, lawyers, non-dancers, mad scientists...anyone out there who wants to move and groove!! Chill out and sweat a little!!! A great way to spend your late Sunday afternoon! class is \$15, if new to the center, 3 classes for \$20..

***Rachelle Smith-Stallman's** passion is dance, as well as choreographing and performing. She's performed in a variety of venues including a street window at Proctor's Theater in Schenectady, The Arts Center of the Capital Region, Troy, and the Silent Barn in Brooklyn, NY among many others. Once upon a time you might have seen her dancing as Razaksat with the Disposable Rocket Band. She has a Master's in Dance/Movement therapy and is a New York State licensed creative arts therapist. She is the creator of RSS party of 5, voice over artist, on camera actress, and creator of Eardoodles!*