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Get ready to move and groove...have fun!!! laugh, play, explore, funk out! dance from your heart! improvisation, stretch, relax, explore, discover, partnering, group, connection...get your juices flowing and your whole being moving to the beat!!!!!!! for everyone!!!!!! no dance experience necessary.....Great for actors, scientists, lawyers, artists, musicians..come one come all...A great way to spend your late Sun. afternoons.

**2 SUNDAYS, MARCH 19, 26 ...4:00-5:30pm**

**Single Class is \$15, or if new to the center, any 3 classes for only \$20..you can sign up on the center's website if you like!**

**CENTER FOR NIA AND YOGA**

**4 Central Ave. Albany**

**(enter on Lark St. side)**

**\*please message me for the bldg. code, [rss@nycap.rr.com](mailto:rss@nycap.rr.com)**

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 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 or presently in the car funk'n out listening to some of her favorite music!!! She loves to dance any chance she gets!!! She has a bachelor's in Dance, from the University of New Mexico and a Master's in Dance/Movement Therapy from Hunter College, she is also a New York State licensed creative arts therapist and is in private practice. She is the creator of RSS party of 5, loves being an on camera actress, voice over artist, practicing yoga and creating Eardoodles!