



SPECTRUM
DANCE THEATER
DONALD BYRD

Dance With Grace

Liturgical Dance
2-day Workshop

Saturday, April 12th, and
Sunday April 13th
12:30-2:30

\$14.00/class CLASS CARDS NOT ACCEPTED

To register please call Spectrum at 206-325-4161

Experience *Dance with Grace*
and elevate your dance
to a NEW level of expression
Instructor: Vania C Bynum

- Condition your body and Improve your dance technique
- Experience movement that embraces dancing in the spirit
- Elevate Praise Dance to the next level of excellence

Dance is the perfect way to impart gratitude for life and our artistic gifts. Utilizing traditional and ethnic dance forms, *Dance with Grace* focuses on core strength, flexibility, and rhythm as we move to inspiring music – from funky gospel tunes to uplifting spirituals. Students also improve body alignment to aid them in executing more complex movement.

Grace: generosity of spirit

Grace: elegance, smoothness of form or movement

Grace: the infinite love, mercy, favor, and goodwill shown to humankind

www.spectrumdance.org

Spectrum Dance Theater • 800 Lake Washington Blvd. Seattle, WA 98122