

Customized transformative dance experiences for Organizations, Corporations, Companies, and Community Centers

#### **BOOKINGS CONTACT:**

Sindy Folgar-Llumipanta community@dancewave.org

# CHOOSE YOUR CLASS EXPERIENCE

### for Adults or Intergenerational

### MOVEMENT-FOCUSED



#### **FITNESS**

#### **Stretch & Strengthen!**

Pilates, Barre, Zumba & more

#### **DANCE TECHNIQUE**

#### Hone your skills

Hip Hop, Ballet, Modern, Tap, Jazz

#### **CREATIVE & SOCIAL DANCE**

## Create & move. Learn about dance's cultural significance

Latin, Arabic, and African social dances, Bollywood, Creative Movement, & more!

# MOVEMENT & DISCUSSION



#### **TEAM BUILDING**

#### Connect

Company retreats & ice breakers

#### **WELLNESS**

#### **Social & Emotional Wellbeing**

Empowerment tools for participants

#### **EQUITY**

#### Dive deep!

Movement & discussion activities bridge important conversations about racial equity, identity, bias, & social justice

# CHOOSE YOUR CLASS FORMAT

### **SYNCHRONOUS**

Live via Zoom
Connect in real time
Cultivate an "event" feel

### **ASYNCHRONOUS**

Pre-recorded videos Play at your convenience Reuse for up to 6 months

#### \$300 1-SESSION MASTER CLASS

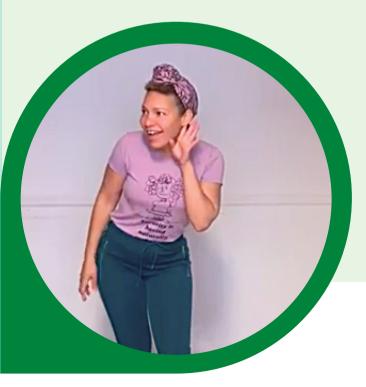
Synchronous: Up to 1 hour long

Asynchronous: Up to 25 minutes long

# MULTI-SESSION PACKAGES (Minimum 4 sessions - \$175/session)

Synchronous: 1-hour session

Asynchronous: 25-minute session



All prices include administrative fees. All Asynchronous sessions will be delivered one month after requests are processed and contracts are signed.

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BALLET · TAP · CHAIR TAP · HIP HOP · VERNACULAR & COMMERCIAL JAZZ · CREATIVE MOVEMENT · MODERN · AFRO-CARIBBEAN · AFRO-HAITIAN · WEST AFRICAN · DANCEHALL · AFRO-MODERN · LATIN DANCE STYLES · SALSA · BACHATA · MERENGUE · ZUMBA · FLAMENCO · ARAB DANCE STYLES · BELLYDANCE · BOLLYWOOD DANCE · MUSICAL THEATRE · BROADWAY JAZZ · SWING · CAPOEIRA · CHINESE DANCE STYLES · PILATES · ESSENTRICS · CORE CONDITIONING · AND MANY MORE!

Don't see what you're looking for? We do our best to accommodate additional movement genre and style requests.