

AFRO-BRAZILIAN

DANCE

WITH ANGELA INGRAM
MARCH 27, 1-2:30 PM

Afro-Brazilian dance combines the rich history of the Yoruba religion as transplanted in Brazil along with the unique rhythms of Samba and Samba/Reggae, as well as other Caribbean influenced movements. Each class begins with a warm up session featuring progressive Afro-Brazilian flexibility movements and stretching exercises. Following the warm up students will be introduced to a variety of traditional movements and contemporary dance steps. Lively foot accompanied by elegant hip, shoulder, and arm gyrations are create a dance that includes the entire body in a fully traditional representation of Brazilian culture. No prior experience is necessary!



\$20 register by 3/20 | \$25 after 3/20

To register www.SacredSpaceRockville.com
or call 301.231.0022

5624 Randolph Road, Rockville, MD 20852