



**DANCE &  
ARTS  
STUDIO**

## 3 NEUE 4-Wochen-Kurse:

- Floorwork
  - Acro Yoga
  - Contemporary
- Mit Juan Camilo Rojas



I am a passionate dancer and educator from Colombia, with a university degree in Performing Arts. My expertise reaches from floorwork, contemporary dance, ballet, López technique to acro-yoga and aerial silks. Every class I teach is infused with love and enthusiasm. My goal is to create an environment in classes where my students can grow not only as dancers but also as individuals.

**Floorwork: 4 x Samstags, 10:00 - 11:30 Uhr**

**Termine: 06.04, 13.04, 20.04, 27.04**

**Gebühr: 65 €**

With extensive training in floor work, I have been guided by prominent teachers in Colombia, exploring established and emerging techniques like the infinite-movement. My contemporary dance class blends this wealth of knowledge to provide students with an experience rich in diversity and depth.

**Contemporary M: 4 x Samstags, 11:30 - 13:00 Uhr**

**Termine: 06.04, 13.04, 20.04, 27.04**

**Gebühr: 65 €**

My contemporary dance class blends elements that have shaped my professional journey, ranging from ballet to the López technique. We explore floor work and release and incorporate influences from acro yoga, aerial skills, conditioning, and even the rhythm of reggaeton. The music and series that inspire me weave into our movement expression.

**Acro Yoga: 4 x Mittwochs, 19:30 - 20:30 Uhr**

**Termine: 03.04, 10.04, 17.04, 24.04**

**Gebühr: 45 €**

We delve into a unique experience focused on collaboration and self-care. We explore the connection between partners through acrobatic poses, fostering trust and communication. We emphasize the the importance of individual body self-care, focusing on techniques that promote safety and well-being, while enjoying the fascinating world of Acro Yoga together.

**ANMELDUNG:**

**TICKETS@DANCE-ARTS.DE**

oder 06131-4925780

ANMELDUNG BIS

25. März 2024