



Creative Movement Dance Class

The Arc of Frederick County and “Center of Four Winds Studio” are collaborating to offer “Creative Movement Dance” Classes. This is a free form style dance class held at the “Center of the Four Winds Studio” in downtown Frederick on South Carroll Street. The owner of the Four Winds Studio and the teacher of the class is Frederick native, Rose Sincevich. This dance class incorporates breathing techniques, stretching exercises, and dance movements that are organic to the individuals taking the class. Each person moves at a pace that is right for them, and incorporates their own personal dance movements to share with others in addition to techniques taught by Rose. The class is a blending of body, mind, and soul. Individuals attending the classes will have a fun, energetic, and spiritual experience.

Class size is limited to 6 to 8 participants per session

*For more information and a class schedule
contact The Arc at (301) 663-0909*

