

Guest Gala
September 29th

Newcomers' Class: 8 pm-9 pm
Dance Social: 9 pm-10 pm
\$20
Bring a friend and save \$10 each!

Art is Motion

August 2023

Beginner Classes

Social Dance I—Tuesday @ 7 pm
Foxtrot, Swing, Rumba, Cha Cha

Latin Club Dance I—September
Salsa, Bachata & Merengue

To enroll please call or text 678-577-2823
or email dance@artismotion.org*

NOW ENROLLING

Now Enrolling:

Yoga for Wellness

Tai Chi

Yoga Flow

Gentle Yoga

Adult Hip Hop

Belly Dance

Bharatanatyam & Theater

678-577-2823 | <https://ArtIsMotion.org> | 1560 Indian Trail Road, # 109, Norcross, GA 30093

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 2 pm Social Dance IV—(1/8)	31  NO SAMBA CLASS 7 pm Silver Ballroom—(6/8) 8 pm Tai Chi 8 pm Latin Club X—(5/8) 9 pm Latin Club XII—(1/8)	1 7 pm Adult Ballet 7 pm Social Dance I—(1/8)	2  7 pm VW & QS—(5/8) 7 pm Latin Club III—(7/8) 8 pm Latin Club I—(3/8) 8 pm Gentle Yoga	3 6 pm Bronze Ballroom—(8/8) 7 pm Yoga Flow 7 pm Belly Dance—(1/5) 7 pm Social Dance II—(4/8) 8 pm Social Dance V—(8/8) 8 pm Adult Hip Hop—(1/5)	4	5
6 2 pm Social Dance IV—(2/8)	7 5 pm Silver Ballroom I—(1/8) 6 pm Samba Perf—(4/8) NO SILVER CLASS 8 pm Tai Chi 8 pm Latin Club X—(6/8) 9 pm Latin Club XII—(2/8)	8  6 pm Kids Class 7 pm Adult Ballet 7 pm Social Dance I—(2/8)	9 1 pm Gentle Yoga 7 pm VW & QS—(6/8) 7 pm Latin Club III—(8/8) 8 pm Latin Club I—(4/8) 8 pm Gentle Yoga	10 6 pm Bronze Ballroom—(1/8) 7 pm Yoga Flow 7 pm Belly Dance—(2/5) 7 pm Social Dance II—(5/8) 8 pm Social Dance VI—(1/8) 8 pm Adult Hip Hop—(2/5)	11	12
13 2 pm Social Dance IV—(3/8) 	14 5 pm Silver Ballroom I—(2/8) 6 pm Samba Perf—(5/8) 7 pm Silver Ballroom—(7/8) 8 pm Tai Chi 8 pm Latin Club X—(7/8) 9 pm Latin Club XII—(3/8)	15  6 pm Kids Class 7 pm Adult Ballet 7 pm Social Dance I—(3/8)	16  1 pm Gentle Yoga 7 pm VW & QS—(7/8) 7 pm Latin Club IV—(1/8) 8 pm Latin Club I—(5/8) 8 pm Gentle Yoga	17 6 pm Bronze Ballroom—(2/8) 7 pm Yoga Flow 7 pm Belly Dance—(3/5) 7 pm Social Dance II—(6/8) 8 pm Social Dance VI—(2/8) 8 pm Adult Hip Hop—(3/5)	18 	19
20 2 pm Social Dance IV—(4/8)	21 5 pm Silver Ballroom I—(3/8) 6 pm Samba Perf—(6/8) 7 pm Silver Ballroom—(8/8) 8 pm Tai Chi 8 pm Latin Club X—(8/8) 9 pm Latin Club XII—(4/8)	22  6 pm Kids Class 7 pm Adult Ballet 7 pm Social Dance I—(4/8) 8 pm Burlesque	23 1 pm Gentle Yoga 7 pm VW & QS—(8/8) 7 pm Latin Club IV—(2/8) 8 pm Latin Club I—(6/8) 8 pm Gentle Yoga	24 6 pm Bronze Ballroom—(3/8) 7 pm Yoga Flow 7 pm Belly Dance—(4/5) 7 pm Social Dance II—(7/8) 8 pm Social Dance VI—(3/8) 8 pm Adult Hip Hop—(4/5)	25  Toga Garden Party 8 pm Line Dance Class 8:30 pm—10:30 pm	26 
27 2 pm Social Dance IV—(5/8)	28 5 pm Silver Ballroom I—(3/8) 6 pm Samba Perf—(1/8) 7 pm Silver Ballroom—(2/8) 8 pm Tai Chi 8 pm Latin Club XI—(1/8) 9 pm Latin Club XII—(5/8)	29  6 pm Kids Class 7 pm Adult Ballet 7 pm Social Dance I—(5/8) 8 pm Burlesque	30  1 pm Gentle Yoga 7 pm VW & QS—(1/8) 7 pm Latin Club IV—(3/8) 8 pm Latin Club I—(7/8) 8 pm Gentle Yoga	31 6 pm Bronze Ballroom—(4/8) 7 pm Yoga Flow 7 pm Belly Dance—(5/5) 7 pm Social Dance II—(8/8) 8 pm Social Dance VI—(4/8) 8 pm Adult Hip Hop—(5/5)	1 	2



Toga Garden Party

Friday, August 25th

8 pm Line Dance
8:30 —10:30 pm Party!
\$30

Feel free to BYOB!

Group Courses:

8 weeks—\$160

(Early enrollment \$148 —7 Days Prior)

Series Class drop in - \$25

Social Dance: Foxtrot Rumba Cha Cha
Swing Tango Waltz

Latin Club: Salsa Bachata Merengue

Specialty: WC Swing/Hustle Samba
Viennese Waltz/Quickstep

***Please enroll for all classes in advance.**
Classes not meeting the minimum
enrollment will be postponed*

Group courses begin with Level I for beginners and advance in difficulty with each level. Each class will begin with a review of the previous week's material before progressing. With this method, a participant may miss 1 class and still be able to participate comfortably. It is **not** necessary to bring your own partner, as participants rotate partners regularly to focus on "lead & follow" while reinforcing foot patterns and creating muscle memory.

"Specializing in Left Feet"

Please enroll for all classes in advance. Classes not meeting minimum enrollment will be postponed.

Please call or text 678-577-2823 or email dance@artismotion.org

Monthly Pass Classes:

1 Class—\$25 4 Classes—\$60 5 Classes—\$75

8 Classes—\$105 10 Classes—\$122

12 Classes—\$140 Unlimited—\$175

All classes in blue on the calendar are included in the passes

Yoga — Wednesdays @ 1 pm & 8 pm | Thursdays @ 7 pm

Relax, increase your flexibility, & control your thoughts. Leave rejuvenated & peaceful.



Tai Chi — Mondays @ 8 pm

Enjoy practicing slow paced, gentle movements to restore the body and calm the mind.



Kids Dance — Tuesdays @ 6 pm Enrolling Now!

Hip Hop, Jazz and Creative movement mixture. Learn fun & trendy dance steps



Adult Ballet — Tuesdays @ 7 pm

Learn the basics of dance & work on stature and poise.



Burlesque — Tuesdays @ 8 pm Enrolling Now!

Connect with your inner diva with Moulin Rouge style dance movements. Increase your confidence and sensuality, the perfect way to enhance both balance and flexibility.



Belly Dance — Thursdays @ 7 pm

Beautiful, sensual and self expressive. Focus on level changes, freezes, & flow



Hip Hop — Thursdays @ 8 pm

Let loose and find your groove. Vibe to some recent hits and old jams.



Guest Gala

Friday, September 29th
8—10 pm

Bring a Guest! Everyone is Welcome!

Admission is \$20. Bring a guest and you and your guest save \$10 each!

Beverages & snacks are provided.

8—9 pm Newcomers' Group Class

9—10 pm Social Dancing



Social Dance I

Tuesdays @ 7 pm—August 1st
(enroll early and save \$12)

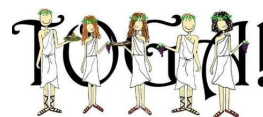
Gain a solid understanding of the fundamentals of American Style **Cha Cha, Rumba, Swing and Foxtrot**. Learn the essential basics for social events, weddings, cruises and holiday parties. Feel comfortable and at ease navigating the dance floor.

Latin Club Dance I

Enrolling for September
(enroll early and save \$12)



Gain a solid understanding of the essential fundamentals of **Salsa, Bachata and Merengue**. Learning to move to this upbeat, feel good music is a great way to connect with others and get some fun cardio. Great for beginners!



Toga Garden Party

Friday, August 25th
FREE LINE DANCE CLASS @ 8 PM
8:30 pm—10:30 pm PARTY!

Join us for dancing and festivities \$30



Purchase your tickets at least 2 weeks early to save \$10



Monthly Theme Parties

FREE LINE DANCE CLASS @ 8 PM
8:30 pm—10:30 pm PARTY! \$30

Open to the public. Singles, couples and all ages are welcome. Our AIM staff is in attendance to assist and participate. We take pride in providing a warm and friendly atmosphere for everyone to enjoy. No partner. No Problem. Many of our students attend our parties without a partner and dance the night away making new friends. Please feel free to BYOB.

Ghosts, Goblins & Gargoyles Gala — Saturday, October 28th

Friendsgiving Feast Potluck — Friday, November 17th

CasiNo RoYaIE NYE Celebration — Saturday, December 29th

Purchase your tickets at least 2 weeks early to save \$10

Speaking Bodies

Saturday, September

Special Workshop Series



Objective: To learn Yoga-based practices that help to better deal with common pressures of a performer's life, such as stress, stage fright, physical and mental demands of intensive rehearsals, etc.

To open the dancing mind and body by exploring various methods of bodily expression based in techniques of Indian dance.

Performing artists face dual challenges: they require large reserves of stamina and strength, and at the same time they need to find an inner stillness. They need to be sensitive and observant, but also tough and resilient. Sometimes it is difficult to balance these qualities. This workshop combines Yoga with selected tools and approaches found in Indian classical dance training. Artists may well find, if they incorporate these tools and approaches into their practice, that they will be useful in enhancing their capacities and in finding a joyful balance in the pursuit of their art.

Workshop Outline:

Introduction

Warm-up

Yoga asanas

Breathing techniques

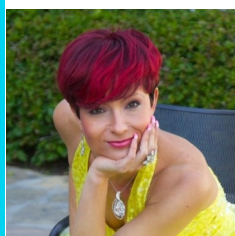
Deep relaxation techniques

Exercises based in Indian classical dance, especially those related to expression of emotions, depicting scenes and moods.

Discussion, questions, feedback



Kasia Kozak is one of the most respected dancers, choreographers and coaches in America. She is a world class judge and national coach working with many of today's top professional and pro-am couples. She was Poland's National Amateur Junior Latin Dance Champion and moved to the United States at the age of 16. Her perseverance and vibrant personality allowed her to become one of the top dancers in the United States. Together with her partners Donald Johnson, Andrew Philips and Louis VanAmstel she has competed, performed and taught in almost every state and represented United States in Europe as well as Asia. One of the highlights of her brilliant career was becoming one of the first USA couples to win the prestigious Blackpool Open Rising Star Latin Championship. She also became Show Dance Champion and Latin Couple of the year as well as being 6 time US National Professional Finalist.



Kasia is the master mind behind seminars for women called "High Heels Boot Camp" where she is working on making them stronger, more independent dancers as well as empowered human beings. Together with Diane Jarmolow Kasia has created "Move Like a Champion" program. This training teaches principles of dynamic alignment and functional movement through exercises and experimental anatomy. She is also an inventor of great teaching tool an "Attitude belt". This particular device is designed to instantly bring awareness to where body should be in order to have a great posture and alignment.

Known for her spectacular technique and spitfire personality, Kasia exudes charisma and charm not only on the dance floor but also at the studio. Her love of dance is obvious to the audiences who adore her and cheer her every move. A dancer's dancer, an audience favorite, ambitious, determined and not afraid of hard work, Kasia Kozak is one of the best in the country. Says she, "when you go out on the floor you want to win, but mostly you want to do your best and for that you have to give your all."

Kasia's goal is to share her passion, her enthusiasm, and her knowledge of dance with as many people as she can. She wants to make dancing accessible to everybody and anybody that wants to dance. She is traveling throughout the country teaching high level competitors as well as their students. She is working on their technique as well as mental preparation. She is empowering and inspiring her clients.

Special Workshop Schedule:

Tuesday, October 17th

Private Coachings available
Workshops to be determined

Wednesday, October 18th

Private Coachings available
Workshops to be determined

Please email or text us with any special requests

