

SAVE THE DATE!

Great Gift!

A Mary Heller and David Sorneson offering

"Your movement is your biography!"

Using Choreographic tools with **Musical Instruments** for telling YOUR story through dance.

Create, Arrange, Express YOUR art,
your NEW story.



D'Jembe Drums, and other hand held instruments, bring your own too!

- To be witnessed by others,
- Played with by you
- Make aware decisions on YOUR own organic, authentic, and gestural choreography
- Realized from "time", "space", and "energy" elements of choreographic tools
- To "communicate" with others, and revel in the art of choreographing!
- Feeling is a language we can learn to dance within and together.

Sunday, January, 29 2017

11am - 1pm!!!

Prescott Movement Collective

**612 Miller Valley Rd. and Osburn St., Prescott,
AZ**

\$25

Cash, Check or Charge

Multi-generational, Families,

Ages 15-110! - all movement abilities, especially those that have never created a dance before!

Register at marychoreographer@gmail.com or 208-310-9913

Mary Heller - M.F.A. in Dance, (Pedagogy, Choreography, Technology and Performance) Florida State University - Kinesiology and Anatomy based - Physical Therapy, and Occupational therapy movements embedded in most class offerings.

29-year national, full-time professional, veteran Choreographer - Educator - Teaching Artist - Socially Engaged Dance Artist - Scholar - Dancer - Wellness Advisor - Professor of Dance, University of Idaho, 2006-2011 – Certified Artistry 2 BeMoved®, and Gentle BeMoved® Instructor BeMovedDance.com - Heller Barre Practice® marychoreographer.com - sharinggroundintl.com