



photo by Caroline Kaye

Dancing Dialogue

A center for movement, music and dance-based arts supporting healing and self-expression.

All dance classes explore the concept that our bodies tell stories that speak of our experiences, dreams and fantasies, highlighting a multi-cultural use of stories, storytelling, art and art making, through self-expressive dance, music & rhythm.

For more info:

www.dancingdialogue.com

Contact Suzi at:

suzitortora@mac.com

or call **845-265-1085**

Dr. Suzi Tortora, director and founder of the Dancing Dialogue: Healing and Expressive Arts Center has been a practicing dance/movement psychotherapist and has been teaching creative dance in NYC & the Hudson Valley Region for over 25 years.

Dr. Tortora is also the author of *The Dancing Dialogue: Using the Communicative Power of Movement with Young Children*

Suzi Tortora's

Dancing Dialogue

FALL 2011

ADULT

Class

Starting September 24th!

Authentic Movement Workshop

11:15 - 1:15 p.m. (Saturdays)

1 session/month - Total 6 Sessions

\$50/Session - This class requires a commitment
Need 10 participants

(2011) Sept 24 - Oct 29 - Dec 3

(2012) Jan 28 - Feb 25 - Mar 31



Authentic Movement Practice - CLOSED GROUP

Inner focusing movement meditation practice involving listening to your body and allowing your body to move you.

Authentic Movement is a type of meditation that occurs by closing your eyes and listening to your body - as you listen to your body with this inward focus, you will find a natural state -- through an unfolding process that can be active, taking you through the room; or deeply internal, where you may not be moving in an perceivable way to your outside observer.

This Coming Back to Self workshop series invites both Experienced and new explorers of movement meditation to dialogue with their "sensational voice" as it unfolds their life story. Processing elements include breath awareness, journaling, music, poetry and art media.