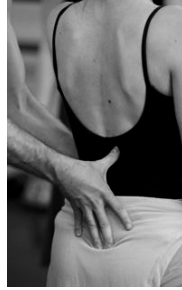


VCU Dance offers Open Community Classes



Elemental Body Alignment System

**Tuesdays & Thursdays
6:00-7:30 pm**

**Six-Week Session: \$180
January 20 - February 26, 2009
March 17 - April 23, 2009**

Pre-Registration Required: Call 804-828-1711.

Taught by VCU Dance faculty member Scott Putman, Elemental Body Alignment System (EBAS) is a series of stretching and strengthening exercises designed to integrate the body while increasing flexibility, range of motion and core strength. The focus of EBAS is to understand basic principles of initiating and anchoring movements from the pelvis while finding efficient and effective alignment through experiential anatomy. This system empowers the learner to develop a consciousness for integrating and articulating body parts while assisting the student in finding a deeper understanding of the body's integrated kinetic potential.

NO DANCE EXPERIENCE REQUIRED

Classes take place at the VCU Dance Center, 12 North Brunswick Street, Richmond.

Call or stop by the VCU Dance Office at 1315 Floyd Avenue to pre-register for the class.

Classes may be pro-rated. There are no refunds, and classes are non-transferable.

VCU Dance Office: 1315 Floyd Avenue. 804-828-1711. Hours 8:30 am - 4:30 pm M-F.
blog.vcu.edu/dance