

JOY *of* MOTION[®]

DANCE CENTER

PRIVATE SESSIONS WITH MICHELLE AVA, M.A.

JOMDC Resident Movement Specialist

COACHING * CHOREOGRAPHY * CONSULTATION * COLLABORATION
CHILDREN-SENIORS. BEGINNERS-EXPERIENCED MOVERS



Private sessions are a great way to get in touch with your dance and movement potential as well as analyze movement challenges with great success. Michelle Ava offers private sessions designed to address and answer your dance and movement aspirations. Whether you are a first-time mover or seasoned dancer, Ms. Ava's holistic guided process is rewarding and enlightening. Learn to move with greater ease, refine your technique, create your own dance and feel at one in your body.



Popular session topics include:

- Dance Coaching & Choreography
- Dance Mentoring
- Improvisation - the creative process
- Relaxation/Stress Management
- Meditation & YogaMotion
- Female Empowerment (through movement)
- Artistic Consultation
- AVAdance Technique

Michelle Ava (M.A.), dancer, performer, choreographer and founder of Joy of Motion Dance Center is one of DC's pioneers in dance education. For over 40 years, Michelle has inspired and assisted thousands of non-dancers and dancers alike to achieve their personal and artistic best through dance and movement awareness. Michelle is the creator of AVAdance Technique; a unique approach to dance that enhances Authenticity, Vibrancy and Awareness within your dance.

For additional information and guidance, please contact Michelle Ava directly at:
AVAdance1@aol.com, 301-704-2935 or visit her website directly www.AVAdance.com.

FEES:

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| \$85 | 1 one-hour private session |
| \$225 | 3 one-hour private sessions |
| \$325 | 5 one-hour private sessions |

Private sessions can be scheduled at our Atlas, Bethesda or Friendship Heights locations. Discounts for bundles of 5 or more sessions. Students and Senior discounts available.

Enhance Your Dance and Redefine Yourself!

www.joyofmotion.org



Voted #1 Kids Program, 2007, 2010

