

"i added the movement for all class to my weekly routine. as a creative person I needed an outlet for my emotions through movement. having this in baton rouge really changed my relationship to my body and space."

**-jency hogan**  
(local actress)

"the major problem people face in their bodies is muscular imbalance. movement for all has a unique way of guiding you through exploration of the areas of the body that tend to be neglected in our daily movements and helps, re-engage these areas back into your daily biomechanics. not only are you improving your body awareness but you do it in a manner that leaves you feeling better than when you started."

**-bill downs**  
(biomechanist/exercise physiologist)

# movement

## movement for all (m4a) -45 min

(ages 11-75+)

**m4a®** classes are designed for people with no prior dance training who want to explore their own unique capacity and potential for movement.

the class consists of a continuous flow of guided instruction, prompts, and exercises to give participants the opportunity to understand how their bodies can create new habits, patterns, fluidity, and power.

- single rate **\$10**
- 5-class card **\$45**
- 10-class card **\$90**
- unlimited monthly **\$125\***

## move and mend -2 hr

(ages 13-75+)

is a three day workshop providing participants with the opportunity to explore and unpack their capacity and ability to heal, connect, and understand their bodies through movement.

by incorporating the Feldenkrais Method® (taught by a certified Feldenkrais practitioner) this workshop, leverages the benefits of movement for all and somatic instruction to equip participants with an improved mind body connection and awareness of how to incorporate fluidity in daily movements and activities.

- daily rate **\$35**
- full workshop **\$100**

## move lab -1.5 hr

(ages 18-75+)

is an experience focused on equipping participants with the tools of play, connection, and creativity.

by diving into the explorative components of the m4a class, through guided movement prompts, partnering work, and group research, participants will be given opportunities to explore their own movement, create together, and have fun in a community friendly space! Perfect for family outings, team building, and social groups.

- single rate **\$18**
- bring a friend **\$24**
- private groups (8+) **\$150**

*(In-person class rates may vary from online class rates, no prior dance training necessary)*

join us at [vagabondance.org/move](http://vagabondance.org/move)

