

# “Dancing Home” with Lucia Rich

Fridays FROM 6:00–7:00pm • Oct 13, Nov 10 & Dec 8

**Arrive by 5:45 PM to warm-up**



A space to unwind, shake loose what is stuck and step back into connection with your best Self. Organic movement and curated music lead the way in this free-form movement based process with guided instruction. There are no choreographed moves, no right way to do it. Each session is unique to you and your body's intrinsic movements. Come as you are and Dance your way Home.

No dance experience necessary. Open to all bodies (ages 18 and up).

**In person only • Pre-register online**

**Exchange: \$25 REGISTER**

Lucia Rich (She/Her) is a Movement Arts Educator, SomaSource Practitioner and Yoga/Wellness Instructor devoted to the practice of embodiment through her personal practice and teaching for over 20 years. She has taught at The New School, Hunter College, Manhattan School of Music, Professional Performing Arts School and Horace Mann School in NYC, as well as Perry-Mansfield Performing Arts School and The Actor's Academy in CO and the University of Connecticut.

A life-long lover of movement, Lucia has trained professionally in classical, contemporary, improvisational and 5Rhythms Dance. She studied 5Rhythms for over a decade with Melissa Michaels Ed.D (first generation 5Rhythms teacher through Gabrielle Roth, founder of Golden Bridge and the SomaSource Institute in Boulder, CO) and recently completed her SomaSource LifeCycle Practitioner training with Melissa in 2022. Lucia is thrilled to be creating opportunities for conscious dance here in Westchester.



## **In Person Protocols**

Pre-registration and a signed waiver is required for in-person. Masks are optional. Sanitizing wipes and hand sanitizer are available in the yoga space, hallway and bathrooms.



**Sacred Spirit Yoga and Healing Arts Center**  
At South Presbyterian Church  
343 Broadway, Dobbs Ferry, NY 10522  
[sacredspirityogacenter.org](http://sacredspirityogacenter.org)