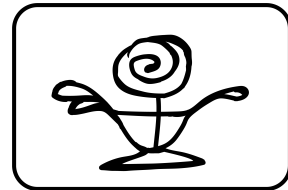


The events are partially funded by the Virginia Commission for the Arts, the National Endowment for the Arts, and the Virginia Humanities.



fellowship of the sip
restaurant and tea house



festival organizer

Arts & Hearts Association

33 S Loudoun St, Winchester, VA 22601

www.arts-and-hearts.org | (540) 845-3543

artsandheartsassociation@gmail.com

All events are free of charge and open to public.

Winchester Arts & Music Festival

Arts & Hearts Association



Dancing and Moving for Healing

healing movement event

*Freddie Ciampi — Social Graces Ballroom
Dance Studio & Adrian VanKeuren —
Therapeutic TaiChi*

Monday, September 23rd, 2019

6.00pm-8.00pm

*Woltz Pavilion at the Godfrey Miller Fellowship Center
28 S Loudoun St, Winchester VA*



Freddie's love of dancing began when he joined a performing arts group in college, which led him on tours throughout the US and Europe. After receiving his B.S. in business administration, his interest turned to ballroom dance by way of a newspaper ad: "Dance Instructors Wanted - Will Train."

After teaching in dance studios in Salem, Virginia, and Omaha, Nebraska, Freddie decided to start his own studio here in Berryville. As a division of The Blue Ridge Studio for the Performing Arts, Freddie's clientele grew steadily until it was necessary to relocate to a larger space. At Social Graces Studio, Freddie's enthusiasm, humor and emphasis on fun have continued to inspire people of all ages to put on their dancing shoes.

<http://berryvilleballroom.com/>



Adrian began taking Tai Chi classes during her decade-long battle with multiple chronic illnesses, in hope that her health would improve. Now a certified Tai Chi instructor herself, Adrian is passionate about bringing the health and healing benefits of Tai Chi practice to the general public. Tai Chi's fluidity and slowness of movement makes it an ideal practice

for everyone, and each movement can be modified to meet the practitioner's abilities.

<https://www.taichiavk.com>

During the event we will focus on the emotional wellbeing that can stem from the act of learning dance and dancing. To some degree **learning partnership dance teaches the student to surrender, relax, accept your fellow human, follow some preset rules to create a dance conversation, let musics magical effect affect you.** We will use intros to a few ballroom and Latin dances like waltz and rumba to demonstrate how partnership dance allows the student and the dancer to tap into these healing processes. The evening will include a group class, no partner needed, and end with open dance.

Tai Chi originally a martial art, has become moving or standing meditation with numerous health benefits. Tai Chi can also bring balance and added stability to all areas of life. Experience grounding, chi flow, and qigong breathing in this interactive demonstration, along with gentle movement. This will be suitable for all skill levels, from absolute beginner to experienced practitioner.

Special offer for participants (for Social Graces Studio):
Everyone that participates in this event can receive a free month of group classes and practice parties for two. Anyone that has a certain requirement (like community growth for employees) and pays for the seminars or just has a special desire for dance gets 20% off their first 10 lessons at the studio.
(Expires: December 25th, 2019)

Sign up at the event for a chance to win one free hour long private lesson at our studio in Berryville.