



Deeply Rooted



crown
institute

presents:

The Renée Crown Wellness Institute
University of Colorado **Boulder**



Late night

'LE FONK ARABI' DANCE CLASS

with Donna Meija

NORTH AFRICA AND THE ARAB WORLD THROUGH BALLISTIC BEATS AND HIP HOP

International transnational dance artist Donna Meija (CU Boulder, Assistant Professor of Dance) will teach her distinctive dance classes for movers unafraid of expressiveness, hardcore rhythms, hip work, athletic challenge, and attentive body work. Her practice begins with yoga and somatic science work, then upgrades to ballistic beats and spirited movement. Donna's signature style features North African, Arabian, Hip Hop and Contemporary Dance in dialog with Hip Hop, Funk and Electronic Music.



AUGUST 26, 2023
10:00 PM - MIDNIGHT
DAIRY ARTS CENTER LOBBY

\$10 - \$30

**SLIDING SCALE ENTRY FEE
PAY WHAT FEELS RIGHT**

Please bring a yoga mat for warmup and wear clothes you can move in.

Adaptations will be offered for all bodies who wish to join!

• Build your stamina and range of motion through dedicated time to work with what is moving through your heart, head and body. Modifications and alternate versions are always offered for different levels of ability and experience.

