



*We train your mind to be confident and your body to be capable in dancing exactly how you intend.*

## **ABILITIES DEVELOPED THROUGH FLOW & DANCE**

### **Physical**

- Develop whole body coordination, movements, and strength.
- Identify how each part of your body connects to establish healthy movement.
- Control and dictate the timing and direction of your movement.
- Accomplish exercise and muscular development.
- Physically connect and communicate with others.
- Physically play with others.
- Explore and express physical feelings. Feel out loud.
- Release adrenaline and endorphins – obtain that ultimate “dancer’s high”

### **Mental**

- Coordinate your mind & thoughts with your body & movements.
- As a lead, thinking ahead and communicating your intent.
- As a follow, listening and understanding other’s intent.
- Learn to act as you think and think as you act – maintaining a stable stream of focus.
- Comprehend how physical communication improves other forms of communication.
- Utilize creative planning, expression, and problem-solving.
- Interpret musical styles and timings.

### **Partnership**

- Learn a new language and a deeper way to connect.
- Build an understanding and respect for your partner’s role.
- Learn how to create with each other and “flow” in partnership.

### **FLOW FLUENTLY**

**YOU’VE DEVELOPED THE LANGUAGE TO PHYSICALLY CONNECT  
AND EXPRESS YOURSELF, FOR THE REST OF YOUR LIFE.**