

UPCOMING CLASSES

Experience Africa: THE CONTINUUM

Friday, March 27 | 6:00–7:30 PM

Welcoming: African-Inspired Movement

Kick off with a welcoming, high-energy session featuring uplifting African-inspired movement designed to awaken the body, release stress, and build joyful connections in community.

Sunday, March 29 | 3:00–5:30 PM

African-Inspired Movement Experience

Enjoy a lively, beginner-friendly movement session blending Afrobeats and traditional West African rhythms to build energy, confidence, and connection.

Sunday, April 5 | 3:00–5:30 PM

Thunder Rhythms: Sango Dance & Culture Experience

Step into the energy of Sango through authentic Yoruba dance, blending powerful movement with storytelling and cultural insight.

Wear red, burgundy, or purple.



Sunday, April 12 | 3:00–5:30 PM
Vision Board: My Africa Journey + Yoruba
Language & Cultural Expression

Create a vision board inspired by your dreams or future travel to Africa while learning practical Yoruba phrases and connecting through shared cultural conversations.



Friday, April 17 | 6:00–7:30 PM
Beadwork: Culture,
Creativity & Stress-Free
Expression

Create simple bead pieces while exploring the beauty and meaning of adornment across African traditions in a relaxed, creative setting.



...and more cultural
classes throughout the
program.

CHECK BACK FOR MORE CLASSES
or receive updates by text after RSVP