

# 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 12 | 3:00–5:30 PM**

### **Thunder Rhythms: Sango Dance**

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

**Wear red, burgundy, or purple.**





**Friday, April 17 | 6:00–7:30 PM  
African Beadwork**

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

**Sunday, April 19 | 3:00–5:30 PM  
Thunder Rhythms: Sango Dance & Learn Yoruba Language classes**

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

**Wear red, burgundy, or purple.**

**Part 2: Learn Yoruba Language  
Learn practical Yoruba greetings, expressions, and cultural meanings in an engaging beginner-friendly setting.**



**...and more cultural  
classes throughout the  
program.**

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