



Monadnock Academy of Movement Arts

Sept/Oct Newsletter 2024

Upcoming Dates

Classes resume Tuesday,
September 3, 2024

Columbus Day
Academy OPEN
October 14, 2024

Kick or Treat

Invites handed out in classes!
Week of October 14th.
Give to your friends for
Halloween!

Halloween

Thursday, October 31
MAMA Closed

MAMA Front Desk & Store Hours 2024-2025

Monday: 12:00-6:00pm
Tuesday: 12:00-5:30pm
Wednesday: 12:00-4:00pm
Thursday: 12:00-6:00pm

Studios open 15 minutes
before the first class of the
day and close promptly 15
minutes after the last class of
the night.

As we go into a new season of dance,
let's remember the why!

Dance training is an important part of a
students overall education & lifestyle.
Dance is one of the safer forms of
movement, while still being one of the
most challenging on many levels.

Much like learning a language, dance
can help open pathways in the mind
and body to further assist in learning
more difficult skills.

Bringing the body and mind together in
a unique and seamless way, allows the
student to process spacial awareness,
math concepts, social acceptance and
physical fitness.

Students of all ages will continue to
experience the benefits of dance
training, no matter their age.
Recent studies on adult dancers have
proven the impact of dance to help with
not only fitness, but cognitive
development as well.

Adults who train consistently are more
likely to retain mental sharpness than
those who do not.

Using the body and mind together to
execute choreography, follow the music
and use the whole body together is one
of the most perfect ways to ensure
the health and wellbeing of the
human body!