

The Center for Creative Release

In collaboration with

Kinaesthetics, LLC

PRESENTS

“A Workshop in Lifts, Dips and Drops”

by

Dr. Caroline (Kay) Picart

2006 US Open Pro Am Champion in Cabaret

(a mix of ballroom, ballet, gymnastics)

2009 AIFW World Dance Competition Judge

With:

Rick and Cindy Pellin, 2009 USA Dance Inc. Amateur Champions

Jerry Rivera, Tom Stratton, Maurice Smith

May 30, 2009, Saturday

7-7:45 p.m.: Mini-bazaar, featuring Dance-Related Footwear, Clothing, Jewelry, Art, and others
(Possibly featuring Head Over Heels, Stone Age, Kinaesthetics, LLC, and more!)

7:45-8:45 p.m.: Basic and Intermediate Lifts, Dips & Drops

8:45-9:00 p.m.: Intermission and Demonstration

9:00-10:00 p.m.: Advanced Lifts, Dips & Drops

Partners are ideal, but not required.

Limited space, so it is best to book ahead.

221 East Third Avenue, Tallahassee, FL 32303

Prices:

Entrance and one workshop: RSVP: \$15; Door: \$20

Entrance and two workshops: RSVP: \$30; Door: \$40

For more information or to book a space, call: (850) 559 1636 or (850) 459 0066

email: kinaestheticsllc@gmail.com



