

# *dancEnlight*

Summer Intensive for Teens, Adults & Professionals

**First week: July 1 to July 6, no class July 4th**

**9am-4pm**

Times/Dates 7/1- 7/6	Monday 7/1	Tuesday 7/2	Wednesday 7/3	Friday 7/5	Saturday 7/6
9-10am	Stretch & Strengthen (LCH)	Movement As Medicine Qigong (LC)	Stretch & Strengthen (LCH)	Movement As Medicine Qigong (LC)	Stretch & Strengthen (LCH)
10-11:30am	Modern Technique (LC)	Modern Technique (CP)	Modern Technique (LC)	Modern Technique(CP)	Modern Technique (LC)
11:30-12noon	Lunch	Lunch	Lunch	Lunch	Lunch
12-1:30pm	Dance & Calligraphy (LC)	Dance & Calligraphy (LC)	Site Specific	Dance & Calligraphy (LC)	Dance & Calligraphy (LC)
1:30-3:30pm	Rep & Composition LC/CP	Rep & Composition LC/CP	Site Specific	Rep & Composition LC/CP	Rep & Composition LC/CP
3:30-4pm	Relaxation & Meditation	Relaxation & Meditation	Site Specific	Relaxation & Meditation	Showing

Lorelei Chang-LC Christine Perry-CP Lindsay Castonguay Hany-LCH