

# NW DANCE PROJECT

ARTISTIC DIRECTOR  
SARAH SLIPPER

# CORE BALANCE<sup>®</sup> = YOGA + PILATES + BALLET STRETCH

**Tuesdays** 8:45 to 9:45AM

**Thursdays** 8:00 to 9:00PM

**Saturdays** 8:45 to 9:45AM

DROP IN – \$15 or class card

INFO / 503.421.7434 or [info@nwdanceproject.org](mailto:info@nwdanceproject.org)

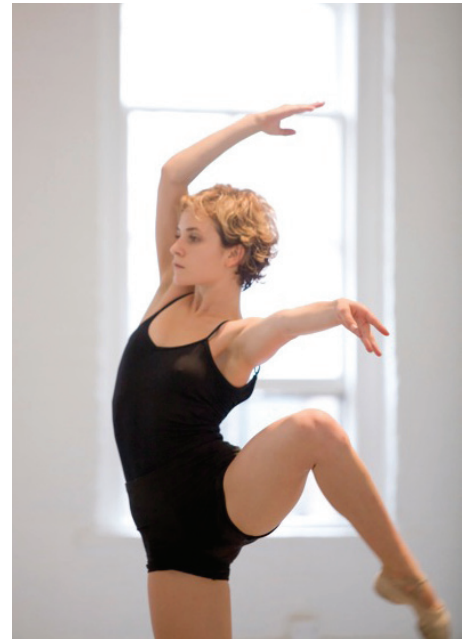


Photo | Blaine Covert     Dancer | Andrea Parson

**O**ur unique Core Balance<sup>®</sup> class blends elements of yoga and pilates with stretch components using the ballet barre to tone and invigorate the body and release stress. The aim is to develop core strength, ease and openness in the joints and a flexible, well balanced body. The benefits include improved coordination skills, strengthening of spinal muscles and core areas, improved flexibility, posture and a stronger core. Suitable for all dancers and fitness enthusiasts. Yoga or fitness mat useful. Wear Dance/Yoga/Fitness Apparel and bring a water bottle.

Northwest Dance Project Studio + Performance Center  
833 N Shaver Street, Portland OR 97227

[www.nwdanceproject.org](http://www.nwdanceproject.org)

Northwest Dance Project is a registered 501(c)(3) not-for-profit organization

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