

Lose Yourself. Find Yourself.

Girls on Fire: Mind/Body Fitness Dance

with Sarah Hentges, PhD, RYT-200

No experience required. Free and open to students, faculty, staff, and the community.

FRIDAY, October 25

6:30 to 7:45

Eastport Hall 124 @ UMA-Bangor (128 Texas Ave.)

the story: the “Girls on Fire” theme takes us on a journey through music and movement as we experience a story of the world on fire and we become protagonists in our own story. We’re grounded and connected to earth even as we play in the clouds. We’re warriors who fight with our minds and our bodies.

the music: a mixture of inspiring and empowering music from Janelle Monáe, Lorde, Beyoncé, Meghan Trainor, Nicki Minaj, Alicia Keys, Ani diFranco, and more!

the movement: easy-to-follow fitness dance movements, with hip hop and belly dance inspiration.

the space: safe and open—no judgement, no boundaries, no competition, just community.

the (feminist) philosophy: move as it feels good to you, listen to your body and open your mind.

the results: individual results will vary... reduce stress, increase fitness, and maybe even feel empowered!

Move and Be Moved.

An ARTober event, celebrating the arts & humanities in Bangor.

Contact sarah.hentges@maine.edu for more information. More info also available at www.cultureandmovement.com and @Culture&Movement on Facebook