

Mind/Body Fitness Dance welcomes a variety of levels of fitness and there is no dance experience or special skill required. This class aims to meet you where you are. A cardio workout, a meditation, a release of stress, a brain enhancement. No expectations, no judgments, just a safe space to move and be moved.

## **Mind/Body Fitness Dance**

Thursdays from 5:15-6:15

Eastport 124

February 25 to March 24

April 7 to May 5

I have been a fitness instructor for almost 20 years, and my diverse experience in fitness shapes this class. I also teach and write about fitness in academic contexts:

My book, *Women and Fitness in American Culture*, and my website [www.cultureandmovement.com](http://www.cultureandmovement.com)

@sarah\_hentges



To register, email [nicole.caruso@maine.edu](mailto:nicole.caruso@maine.edu)  
For more information [sarah.hentges@maine.edu](mailto:sarah.hentges@maine.edu)

**Lose yourself. Find yourself.**

# **Mind/Body Fitness Dance**

**Movement**

**Music**

**Mindfulness**

**Freedom**

**Structure**

**Self**

**Community**

**w/ Sarah  
Hentges**

**Move and Be moved.**

## Philosophies and Reminders

Listen to your body

Move as it feels good to you

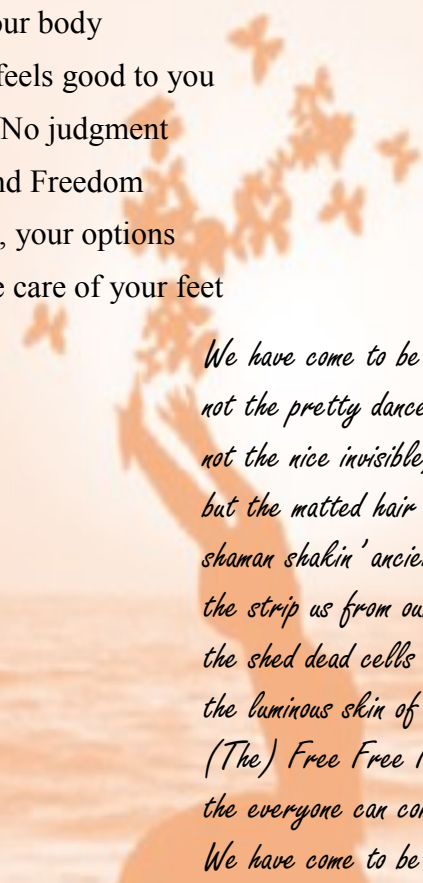
Safe Space/No judgment

Structure and Freedom

Your dance, your options

Honor/Take care of your feet

Play



*We have come to be danced  
not the pretty dance —  
not the nice invisible, self-conscious shuffle,  
but the matted hair flying, voodoo mama  
shaman shakin' ancient bones dance,  
the strip us from our casings, return our wings —  
the shed dead cells and slip into  
the luminous skin of love dance. —  
(The) Free Free Free dance  
the everyone can come to our heaven dance.  
We have come to be danced*

*- Jewel Mathieson*

## Music and Movement

The music for this class offers a balance of musical styles (and just really great songs and artists!) and opportunities for unique movements. Some songs are matched with simple (optional) choreography while others offer freedom and exploration.

The lyrics are an important part of the music used for this class. Here we find stories, inspiration, diversity, beats, rhythms, patterns, voices, philosophies, and calls to action. I make my playlists available if you want to dig deeper into the music.

## Mind/Body Fitness Dance

### Influences and Inspirations

#### Dancing Mindfulness, Nia, Kaya Fitness, The Groove Method, 5 Rhythms, Ecstatic dance, Hip Hop

These forms of dance/fitness influence me through my experience taking classes and reading, discussing, and critiquing the philosophies and practices of these styles. Jamie Marich's book, *Dancing Mindfulness* is highly recommended!

#### Aerobics & Group Groove (Mossa)

Aerobics emerged in the 80s and has evolved in a variety of ways. I am trained in "old school" aerobics as well as the manufactured cardio dance fitness program, Group Groove, that I teach 2 to 3 times a week at the Bangor YMCA. 10 tracks with a variety of specific fitness goals and urban, Latin, and club dance moves.

#### Yoga

Yoga is for every body and this is how I approach mind/body fitness dance. But yoga poses and techniques are also part of our dance. I am trained in YogaFit's levels 1 to 4 and influenced by Bo Forbes and other yoga teachers, workshops, and ongoing continuing self-education. Yoga is magical.

#### Belly Dancing

This ancient form of dance encourages women to be confident and embodied and to develop consciousness. I teach this philosophy in WGS 101 through the book *Grandmother's Secrets*. My love of flow and spirals are fed by belly dancing.

#### Feminism

As a professor who teaches women's studies, I am influenced by a variety of feminist theory and activism and work to move toward social justice while also emphasizing the importance of self-care. I have developed interdisciplinary ideas about feminist fitness through my research.