

What is

OPEN

Movement

Class with Bec ...?

Open Movement is my signature offering and expression!

It's a combination of different genres, training, yoga, techniques, breath work and intentional movement & choreography.

All created intentionally to access a sense of: grounded freedom in the body, creative expression and quite simply, **JOY**.

The music and movement are married together to create little 'mini routines'.. Each one is either a warm up, an activation and / or a celebration of movement.

Once we've unlocked our body (and mind and spirit) - we move deeper into sharing and exploring intentional choreography.

Shared alongside this - students always get my insights about what I observe in class, and how to improve, open up and grow.

I offer wisdom in a relatable, tangible way... that hopefully can be 'rolled out' in their everyday life. **Tools to take home & practice!**

Offerings ..

gomins OPEN MOVEMENT - Intro session with Bec

Serves as an introduction to my movement, style of teaching, creativity, connection and mentoring of students.

Bring me in as a one off, or once a month for an infusion of something different, creative & inspirational.

COST \$150 (excluding travel time)

Connect with Bec

to book a class ..

📞 0408 363 169

📧 @rebeccarossacredbiz

✉️ bec@rebeccarossacredbiz

🌐 <https://www.rebeccarossacredbiz.com/dancecoach>

You can find Bec teaching her regular **ADULT OPEN MOVEMENT** class @ Woolgoolga Performing Arts Studio each Tues @ 7.30pm!

2HR OPEN MOVEMENT Session with Bec: Movement & Mindfulness

Open Movement warm up session

Plus either polishing, coaching and / or mentoring of the group.

We go deeper here and perhaps spend time looking at existing routines, the intention and how to experience a deeper connection to the choree.

COST \$200 (excluding travel time)

GROUP CHOREOGRAPHY

Creating intentional group routines & choreography - let's discuss this.