



SSC
Eindhoven

Dance for Balance Course

Every week, in a lesson of 1.5 hour, Rivka Bergshoeff leads you skillfully and playfully through a series of 'dance assignments', which are suitable for anyone (no dance skills required). Music from a diverse range of genres like pop, rock, jazz, classic, modern, and more is carefully selected with the purpose of amplifying motion and emotion. A course of 8 sessions will give you an idea about the basics. What's more, if you continue training weekly with Dance for Balance it can improve your life profoundly; you will find more everyday balance, you will gain (soft) skills, and you will discover your own freedom in life.

With Dance for Balance Rivka unites her passion for dancing with her extensive training and experience as a coach. The method she uses makes dancing (movement to music) easily accessible and has been developed with the aim of fostering physical and mental health, revealing and enhancing one's potential – and adding joy to life.

Price: € 15,-

Time & Location: Every Thursday, 20h00 - 21h30, Studio 2

