



## **DANCE YOUR CARES AWAY!**

*Therapeutic Dance and Movement Classes for Children*

### **BACK BY POPULAR DEMAND!**

This weekly class will provide children with a comfortable, supportive environment to participate in a group, make new friends, and of course, dance! Siblings are welcome.

Dancers will participate in a variety of fun, sensory-rich activities that will target body awareness, relaxation techniques, self-regulation, teamwork, strength training, flexibility, and social language. From ballet to hip-hop to yoga to obstacle courses, this class will allow children of all ages and abilities to shine!

### **ABOUT THE INSTRUCTOR:**

**Elizabeth Clark McKenzie, MS, CCC-SLP**

Elizabeth is a licensed speech-language pathologist who has extensive experience providing therapy services to children with a variety of diagnoses including Autism Spectrum Disorder, Down Syndrome, Sensory Integration Dysfunction, Selective Mutism, Asperger's Syndrome, and various other cognitive and language disorders. A life-long dancer and former director of the Yorktown High School Dance Team, Elizabeth has a passion for encouraging expression through movement, and providing an inclusive environment for children of all abilities to feel welcome. Elizabeth also enjoys counseling siblings and facilitating bonding experiences through dance.

*Each class will be assisted by 1-3 student volunteers.*

**Saturday Mornings:**

**9:30-10:15am**

**February 10<sup>th</sup> – April 21<sup>st</sup>**

**\*\*No Class on Saturday, March 31st\*\***

**1487 Chain Bridge Road**

**Suite 102**

**McLean, Virginia 22101**

**Cost: \$250 (10 sessions)**

**\*Sibling Discount: \$225 per dancer\***

For registration information, please contact Elizabeth McKenzie at

[ElizabethM@skillbuildersllc.com](mailto:ElizabethM@skillbuildersllc.com) or

703-941-7757 ext. 107