

## NCDC SUMMER DANCE CAMP- 2010 Class Schedule

| Time   | Location             |                                  | Fri 6/18  | Sat 6/19   | Sun 6/20                          | Mon 6/21   | Tue 6/22  | Wed 6/23   | Thur 6/24  | Fri 6/25                                    | Sat 6/26  | Sun 6/27   |
|--|----------------------|----------------------------------|---|--|-----------------------------------|--|---|--|--|---|---|--|
| 7-8  | Pavilion             |                                  |   | Yoga: Sarah Mangion  | Yoga: Shyama Harris               | Yoga: Jim Gallas                                   | Yoga: Michael MacIntyre   | Yoga: Rani Herman  | Yoga: Shyama Harris  | Yoga: Suraya Keating                        | Yoga: Shyama Harris                                     |  |
| 8-9 am                                       | Dining Hall          | B R E A K F A S T                |   |  |                                   |  |   |  |  |   |   |  |
| 10-12  | Pavilion             | Morning Classes                  | Drive up the mountain                                   | Opening Circle   | Sweat Your Prayers: Davida Taurek | African-Inspired Dance: Debbie Nargi-Brown         | African-Inspired Dance: Debbie Nargi-Brown  | The Heart of the Beat: Jo Cobbett  | Aerial Technique and Improv: Cory Vangelder                    | Aerial Technique and Improv: Cory Vangelder | Soul Motion: Valerie Chafograck                         | Goodbye Boogie & Closing Circle 10-12 pm   |
|  | Dining Hall          |                                  |   | Contact Ease: Julie Oak  | Partner Dance: Rick and Christina | The Soul's Body: Jo Cobbett                        | "Own It!" - HipHop: Daniel Mollner  | Journey through the Chakras: Sylvia Brallier                             | Ecstatic Dance: Hilary Bryan                                   | Contact Improv: Hilary Bryan                |   |  |
|  | Cabana               |                                  |   | Quantum Light Breathwork: Richard Bock                         | Dance of Shiatsu: Jim Gallas      | Lifting Techniques: Ken Martini                    | Real Play - The Whole Enchilada: Julie Oak  | Quantum Light Breathwork: Richard Bock                                   | 10:00-12:30 (note time change) Authentic Movement: Lysa Castro | KiVo: Lis Addison                           |   |  |
| 12-1   | Pavilion             | Trapeze for Kids: Cory Vangelder |   |  |                                   |  |   |  |  |   |   |  |
| 1-2 pm                                       | Dining Hall          | L U N C H                        |   |  |                                   |  |   |  |  |   |   |  |
| 2:30-4                                       | Pavilion             | Afternoon Classes                | Register, Sign up for Community Service, and settle in! | The One in the Many - A Soul Motion Experience: Michael Zipkin | Camper-led                        | Riding the Wave - Guided SRhythms: Davida Taurek   | Free time, take a hike, take a nap, do some art, sing some songs, do nothing! . . . or Sunshine Boogie - Live music at the lake | HoopHoop, Hurray!: Heather Toles   | HoopHoop, Hurray! Heather Toles                                | Camper-led                                  | 2:30- 5:30 (note time change) Body Tales: Olivia Corson | Grab a bag lunch! Depart by 1:00 pm and take the good vibes home!                  |
|  | Dining Hall          |                                  |   | Body of Sound: Alyssa De Caro                                  | Camper-led                        | Contact Dancing on the Moon (Part 1): Aaron Jessup |   | Contact Dancing on the Moon (Part 2): Aaron Jessup                       | Yes, No, Maybe So (Contact Improv): Daniel Mollner             | Camper-led                                  | Contact Tango   |  |
|  | Cabana               |                                  |   | Flying Partner Yoga: Carrie Staller                            | Camper-led                        | Heart of the Healer: Sylvia Brallier               |   | Touch the Universe Within - Move with the Breath of Life: Denise Martini | KiVo: Lis Addison  | Camper-led                                  |   |  |
| 4:30-5:30                                    | Pavilion             | Daily Practice                   | Yoga: Julie Dreyer                                      | Yoga: Sarah Mangion  | Yoga: Julie Dreyer                | Camper-led classes                                 | Yoga: Suraya Keating  | Yoga: Peter Braun  | Yoga: Rani Herman  |   |   |  |
|  | Dining Hall          |                                  | Contact Improv Jam: Julie Oak                           | Contact Improv Jam: Julie Oak                                  | Contact Improv Jam: Aaron Jessup  | Camper-led classes                                 | Contact Improv Jam: Aaron Jessup  | Contact Improv Jam: Daniel Mollner                                       | Contact Improv Jam: Hilary Bryan                               | Contact Improv Jam: Hilary Bryan            |   |  |
|  | Cozy Room            |                                  | Connection Circle                                       | Connection Circle  | Connection Circle                 | Connection Circle                                  | Connection Circle   | Connection Circle  | Connection Circle  | Connection Circle                           |   |  |
| 6:30-7:30                                    | Dining Hall          | D I N N E R                      |   |  |                                   |  |   |  |  |   |   |  |
| See the program for Evening Event activities | Nirvana Cabana       | Evening                          |   |  |                                   |  |   |  |  |   |   | May all beings find balance<br>May all beings be happy<br>May all beings be awake! |
|  | Dining Hall          |                                  | New Camper Orientation & Welcome Home Boogie            |  |                                   |  |   |  |  |   |   |  |
|  | Pavilion/Fire Circle |                                  |   | Solstice Procession, Ritual & Fire Circle                      |                                   |  |   |  |  |   |   |  |

Parents and other kid-lovin' campers: Kids Camp hours are Saturday through Saturday, 9:45 am-12:30 pm and 2:15 pm to 6:00 pm