



DANZVERSITY ELEMENTAL DANCE METHOD

DANCE CLASS GUIDE

JOIN THE ELEMENTS



EARTH

**ENERGY: GROUNDING, FOUNDATION,
STABILITY, ROOTS, SELF-AWARENESS**



WATER

**ENERGY: FLOW, EMOTION,
ADAPTABILITY, EMOTIONAL RELEASE &
CONNECTION**



FIRE

**ENERGY: POWER, INTENSITY,
TRANSFORMATION, STRENGTH**



AIR

**ENERGY: FREEDOM, CREATIVITY
CULTIVATION, SPIRIT**



EMBODY THE ELEMENTS

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