

# **MOONDANCE 2023 WORKSHOPS**

## **MAGIC OF MASSAGE w/ Nancy MacDonald**

**Saturday Morning 8:45-9:45am Parking lot next to the Pavilion**

Nancy MacDonald will teach basic massage techniques that you can use to help family, friends, or partners relax and feel better from hours of dancing fun. Learn effective ways to relieve tension, ease pain and connect more deeply through the magic of skilled touch. No previous experience necessary! *Bring your own mat or blanket.*

## **BAND WORKSHOP with Dam Beavers**

**Musicians' Workshop 2:30-4:00pm on the Porch**

Playing well with others and saying more with less.

## **CHALLENGING CONTRAS w/ Terry Doyle and the Tune Drivers**

**Saturday Afternoon 2:30-4:00pm in the Pavilion**

Test your contra prowess and expect the unexpected with some challenging, fun contras with flow and pizzazz!

## **CALLERS DISCUSSION w/ Steve Zakon-Anderson**

**Saturday Afternoon 2:30-4:00pm Amphitheater (see map)**

Whether you are a seasoned veteran, just starting out as a caller, or simply curious about what the person at the mic is doing and how they are doing it, come join this discussion. We will chat about various aspects of calling, teaching and programming that are of interest to whoever attends the session.. There will be no shortage of things to discuss as callers love to talk!

## **YOGA w/ David White (all levels)**

**Sunday Morning 8:45-9:45am | Parking lot next to the Pavilion**

Please join us for a gentle easy vinyasa flow. *Bring a mat if you have one but we will provide some mats.*

## **SUNDAY MORNING SING w/Janet Shepherd**

**Sunday 9:45-10:30am on the Porch**

Join Janet Shepherd in a perfect way to start the day! Come and enjoy a wonderful hour of singing with the community. No experience necessary!