



DON'T YOU FEEL IT TOO?

Don't You Feel It Too? is a practice of truthful dancing, social healing, and personal liberation. It's also ridiculously fun! Everyone welcome. Free and open to the public.

What to expect in a 90 –minutes session:

1. Instructions and warm-up. 2. Dance in public and transform fear. 3. Cool-down, discussion and learn from one another.

How to Prepare:

- Bring portable music and earphones that stay on well; and 3-4 songs—not just music you like, but who you are.
- Wear comfy dancing shoes, no flip-flops. Dress appropriately for outdoors, but no sunglasses. You may want to bring a hand towel for sweat. We dance rain or shine.
- We want to dance unencumbered, so leave your bags and belongings in the car or someplace else. If possible, have water ready for after dancing.

Where:

Start in Peavey Plaza, Nicollet Mall, between 11th and 12th Sts. In September, some sessions will be the University of MN.

Check [Facebook](#) for latest updates. 

Attend any of these 31 sessions, all FREE, May through October:

5:30-7:00PM —

Mondays: May 18; June 1, 15, 29; July 13, 27; Aug 10, 24; Sept 21; Oct 5, 12
Tuesdays: May 26; June 9, 23; July 7, 21; Aug 4, 11, 18; Sept 1, 8, 15, 29; Oct 13

Two weeklong intensives 5:30-7:00PM —

Mon-Fri, Aug 10-14 focused on Happiness and Healing
Mon-Fri, October 12-16 focused on Activism.

DYFIT@Northern Spark—Sat., June 13, midnight at the Weisman Art Museum

Since 2008 Grace Minnesota has led more than 150 sessions of *Don't You Feel It Too?*, including for art festivals, elementary schools and colleges, youth experiencing homelessness, professional dance groups, and the general public. For more information: www.graceminnesota.org.

