



DYFIT@NorthernSpark **at the Weisman Art Museum** **Saturday, June 13, midnight**

**DON'T
YOU
FEEL
IT
TOO?**

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

What to expect in the 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. You may want to bring a hand towel for sweat. We dance rain or no rain.

When/Where:

Sat. 6/13, midnight. Gather at the bridge in front of the Weisman.

In addition to Northern Spark, attend any of these 30 sessions, all FREE, May through October. Most are at Peavey Plaza. Check [Facebook](#) for latest updates. 

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.

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.

