

## **Great Dancing in Boulder**

**Sundays** 10 AM - 12:30 PM

The **Boulder Contact Lab** is a place for ongoing personal exploration and deepening through the form of Contact Improvisation.

\$5 - \$10

<http://www.bouldercontactlab.com>

Location changes between two locations. For weekly location,

<http://www.bouldercontactlab.com/calendar>

To be put on the Contact Improv email list, join the Yahoo group:

<https://groups.yahoo.com/neo/groups/bouldercontactimprov/info?referrer=ContactImprovProv>

**Sundays** 10:45 AM – 12 PM

### **Movement Mass**

Join together in celebratory community to remember our wholeness and to amplify our sacred work in these times of great change. No Dance experience is necessary, only a longing to move with life in authenticity and love.

\$12-\$18 sliding scale

Weekly location listed on website.

<http://bdanced.com/events/movement-mass>

**Mondays** 7 - 9 PM

**Movement Mondays** is a growing tribe of individuals who come together to discover and unleash their individual and cumulative power and magic thru freeform, ecstatic dance - a fusion of moving meditation, intentionally architected, soul-enlivening music, creative self-expression, welcoming and friendly community, sweat, love, fun and a complete 'go with the flow' attitude.

\$12-15

The Riverside

1724 Broadway St, Boulder (NE corner of Arapahoe and Broadway)

<https://www.facebook.com/events/1416771388444238/>

**Tuesdays** 8 - 10:30 PM

### **Conscious Dance**

A weekly freeform unstructured dance and movement gathering with live international DJ dance music. Hot tea and snacks in a beautiful central Boulder dance studio. All ages, orientations and abilities welcome.

\$10. Financial aid available

Alchemy of Movement

2436 30th St., Boulder

Info: 303-931-1500

[https://www.facebook.com/search/str/conscious+dance+boulder/keywords\\_search](https://www.facebook.com/search/str/conscious+dance+boulder/keywords_search) Great Dancing in Boulder 2

**Wednesdays 7 - 9:30 PM**

**Contact Improv lab and jam—with music!**

Exploring our inner and outer senses, moving to feel, moving to connect, moving in joy. Dynamically expanding into new spaces as exploration thrive. Walking on edges, building boundaries as we play with our inner child.

Class 7 – 7:45

Integral Center. Use south entrance and go downstairs.

**2nd & 4th Thursdays 7 – 8:45 PM**

**The Synergy Dance Collective** is an open participatory free form community dance in a safe and sacred space to enjoy free, full expression of dance and movement—including solo, partner, group, ecstatic, and contact improv. Join us 2nd and 4th Thursdays every month from 7:00-8:45p. Please arrive on time. Doors close 7:10p. Closing circle, community connection at 8:45. \$16

Nevei Kodesh, 1925 Glenwood Ave, Boulder.

<https://www.facebook.com/search/top/?q=dance%20synergy%20boulder>

To get put on the email list for announcements about upcoming dances, send email to

[kai@kaimadrone.com](mailto:kai@kaimadrone.com)

**Thursdays** Once a month

**Ecstatic Dance**

<http://www.simonamusilkova.com/ecstatic-dance-boulder/>

**Fridays 6:30 – 9:30 PM**

**St. Julien Hotel**

Live music and dancing in lobby. Very loud, very crowded, very fun.

<http://www.stjulien.com/things-to-do/calendar>

**Saturdays 10:30 AM – noon**

**Body Mantra**

BodyMantra is an unchoreographed movement practice designed to help participants develop and strengthen the qualities of presence, self-awareness, trust, and authenticity in their lives. The body possesses a vast well of knowledge about all that we are capable of, as well as the wounds and old stories that are limiting our fullest self-expression. BodyMantra catalyzes and supports an investigation of this vast inner landscape through personal, interpersonal and spiritual inquiry.

\$18

Avalon Ballroom, Sodal Hall

6185 Arapahoe Rd, Boulder

<https://www.kimberlyjonas.com/bodymantra/>

If you know other great dance events that should be on this list, please email me (Richard Shane) at [richard@sleepeasily.com](mailto:richard@sleepeasily.com)