

# CREATIVE DANCE

with Helen Horigan & Rob Dobson

*Based on the principles of individual and group dance improvisation  
developed by dance educator Barbara Mettler*

Open to adults of any age and older teens. *No experience necessary.*

Saturdays 1:00–3:00 p.m., for six weeks starting March 29, 2008

Third Life Studio, Union Square, Somerville, Massachusetts

Directions provided upon registration

\$120 for 6-week series

Class size limited. Advance registration required.



In creative dance we explore body movement  
for its own sake,

for the joy of it,

for the physical and aesthetic pleasure  
of movement as a creative art activity.

We improvise our own movements to experience movement firsthand,  
putting the emphasis on what movement feels like,  
rather than what it looks like.

In this introductory 6-week class, we will go right to the roots of movement,  
those inner resources of creativity inherent in us all.

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For more information or to register, call (781) 271-0356 or  
e-mail [rob\\_dobson@verizon.net](mailto:rob_dobson@verizon.net)

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**Teachers** Rob Dobson and Helen Horigan are colleagues and good friends who studied with dance pioneer Barbara Mettler (<http://barbaramettler.org>) and have participated in creative dance for over 30 years. They have each taught in various settings, including annual congresses of the International Association for Creative Dance (<http://www.dancecreative.org>) in Massachusetts, Arizona, and Hawai'i.