

sarah cost

DANCING
THROUGH LIFE
E-NEWSLETTER

Volume 1, March 2009



Welcome to my e-newsletter!

Dear past and present families, students, colleagues and friends,

You are receiving this inaugural e-newsletter because at one time or another I have worked with either you or someone in your family. My intention is to use this e-newsletter periodically as a way to keep you up to date on my meanderings through the dance world.

Neoteric Dance Collaborative Together Again!

After a four year hiatus, Neoteric Dance Collaborative will be performing together again for the first time on April 4th at [Dance Rochester](#)

NDC will be premiering two short works; *Duality* choreographed by assistant director Jessica Soucy and *Twisted Obsession* by artistic director Sarah Cost.

The event is only \$5 and is not to be missed! Visit the link above and join us to support the local dance scene!

Interested in an Adult Ballet class?

I am trying to start an adult ballet class on Friday mornings at 10:00am in Portsmouth, NH. I need four students to run the class. If you or someone you know would be interested, please [e-mail me](#)

New Friday Morning Creative Dance Class!

Who? 3-5 year olds
What? Creative Dance
Where?

[Ballet New England](#)
1 Raynes Avenue
Portsmouth, NH 03801

When? 9:00-9:45 AM,
Fridays

Why? Creative Dance class specializes in fostering a love of movement and music in the littlest of dancers. The class will develop your child's coordination, as well as an understanding of basic dance

concepts such as time, space and energy. Improvisation will be introduced to develop your child's creativity and problem solving skills. Listening and concentration will improve because of the structured environment of the dance class. Through this enjoyable and valuable educational experience, students will learn to use dance as a creative means of self-expression.

How do I register?

Call BNE at
603.430. 9309

or e-mail Executive Director,
[Martha Lemire](#)