

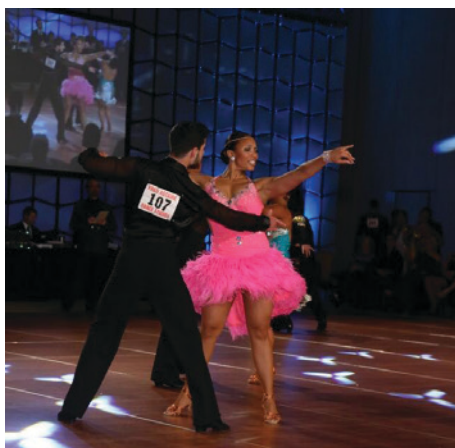
SATISFY YOUR SOUL WITH BALLROOM DANCING

By Andrea Bisconti, Fred Astaire Dance Studios

"Dance is the hidden language of the soul" - Martha Graham

I just finished reading "The Gifts of Imperfection – Your Guide To A WholeHearted Life" by Brené Brown. In one section, Brown emphasizes that setting your creativity free is an important part of living a fulfilling life.

One area of creativity she brings up is dance. Just watch a small child when music is turned on. They move; they light up with joy. But as we get older, we often let that light go out. WE STOP SATISFYING OUR SOULS.



Owner and Former Competitor, Kellie Love, feeling fierce!

What happens? We become self-conscious; someone points at us and laughs, and we come to a screeching halt, filled with shame. We no longer enjoy music and movement like we used to.

The good news is we can bring that joy back into our lives. It will take a little bit of courage; a little bit of moving out of your comfort zone – but isn't that what makes us feel alive?

Start with dance lessons. Every week, people gather their courage, walk through my studio doors and say, "I don't want to look stupid on the dance floor anymore" (See? Shame.).

They ask me for confidence, joy, and peace with who they are. And ballroom dancing can deliver. The first time you glide across the floor in a foxtrot or get your heart racing with a swing – you'll feel so good; you'll never want to stop.

So join the movement to satisfy your soul – get creative and get moving!



Kellie Love

Kellie Love is a professional dancer, choreographer, and owner of Fred Astaire Willoughby. She has won Fred Astaire Ohio Champion titles as a former ballroom competitor. As a dancer her entire life, she is passionate to share her love with others. Her motto is "Anyone can dance. We can show you how."



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