

IDENTIFYING AND COMBATING RACISM: Tools to Fortify Your Mind, Body & Spirit

MINDFUL MOVEMENT TO MUSIC

FOR: All lesbians and transgender women

WHEN: Thursdays, July 30, August 6, 13 & 20, 2020 from noon to 1 pm

In this series of classes, Dr. Robin Johnson, will introduce you to her CTS Belly Dance format by teaching you four routines you'll be able to learn and practice at home afterwards.

COURSE OUTLINE

July 30, 2020: Healing Dance

Starts with an easy, standing-only variation on the Padahastasana yoga stretch, flows into stretches, twists, isolations, undulations and rotations – and ends with arm-ey slow turns. Its 10 minutes and a great daily stretch flow.

August 6, 2020: Moroccan Strut

Focuses on undulations of the upper and lower body plus – single hip bumps and pivot turns. It also introduces a classic rhythm – the Moroccan 6.

August 13, 2020: Rose

The movement combinations used here are slinky, mesmerizing, stretchy and sexy.

August 20, 2020: Ethos

Movements in this quick routine cover slow turns, torso rotations, hand flourishes and shallow snake arms.

For more about CTS bellydance visit www.ctsbellydance.com



Robin Denise Johnson earned her doctorate in Organizational Behavior at Harvard. She wrote an award-winning dissertation on diversity, work-life balance and empowerment. Her other degrees are in International Relations and World History from Brown University and an MA in Social Psychology from Harvard. She integrates her research-education with her professional experience in her multicultural leadership development programs. She is an educator, author and coach, working with people managers and leaders in major corporations, non-profits and academia. Robin continues to work with UCLA-Anderson and UVA-Darden as faculty/faculty director in a number of executive education programs, and was a visiting professor with Ozyegin Graduate School of Business in Istanbul, Turkey. Prior to graduate school she worked overseas in international finance with Chase, McDonald's Corporation and Lloyds Merchant Bank.

Robin was born and raised in Washington, DC and attended McKinley Tech High School. She worked summers at the Smithsonian Institute, went overseas for the first time as an AFS exchange student in Belgium where she attended the Koninklijk Atheneum in Tielt, Flanders, Belgium and returned to Brown University to complete her undergraduate studies. She has maintained her strong commitment to intercultural understanding throughout her career. As an African-American female child of Civil Rights activists, she is also committed to diversity-inclusion for personal as well as equity reasons. As part of her work-life balance, she is a dancer, developer of Cardio-Tribal Style (CTS) dance and director-choreographer of Zaltana. Robin has been called a Renaissance woman. She is a naturally interdisciplinary, bringing together and synthesizing ideas from her wide-ranging interests and experiences.