

October 25, 2009

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**RHYTHM & MOTION DANCE PROGRAM CELEBRATES
30 YEARS OF MUSIC, MOVEMENT, SPIRIT AND SWEAT**

**Year-long Celebration Culminates on December 30 With Community Day of
Free Dance Workout Master Classes, Global Dance Classes, DJ Dance Party & More**

Rhythm & Motion Dance Program, San Francisco's favorite dance workout and global dance program, **celebrates 30 years** of spreading the spirit of dance and community on **December 30** with a **day of free Rhythm & Motion Dance Workout master classes, global dance classes, reception, performance and DJ dance party** all day from 10a.m.-12a.m. at the **ODC Dance Commons**. Inspired by the idea that truly "*anyone can dance*," this Bay Area tradition fosters physical and emotional well-being for all ages and abilities.

Created in 1979 by dancer **Consuelo Faust** to share the joy of dance, enhance community and provide steady work for experienced dancers, Rhythm & Motion has evolved into a comprehensive center for global dance and dance workout, fusing dance styles and incorporating eclectic music to create an invigorating, physically challenging and fun experience. Rhythm & Motion Dance Workout classes are taught by professional dancers who have performed with companies such as **Janice Garrett and Dancers, Margaret Jenkins Dance Company** and **Urban Bush Women**, to name a few. The classes bring together a wildly diverse group of people from teens and policemen to senior citizens and dads shimmying, shaking and smiling ear to ear, proving that really anyone can dance.

Rhythm & Motion's 30th Anniversary Celebration is **December 30** from 10a.m.-12a.m. at the **ODC Dance Commons**, providing a series of **free community dance and wellness events** open to the public. The day begins with two **team-taught all-star master classes**, Modern Rhythms from 10:30a.m.-12p.m. and Fusion Rhythms from 12-1:30pm, and continues with introductory 30-minute dance workout classes on the hour from 10a.m.-1p.m. as well as global dance classes in Salsa, Afro-Brazilian, Mexican Folkloric, Tribal Belly Dance and more offered throughout the day. An evening **reception and performance** by Rhythm & Motion teachers will follow at 7pm. The day-long dance bash will conclude with a **DJ dance party** presented in partnership with Horizons Unlimited/The DJ Project from 9pm-12am.

Rhythm & Motion Dance Workout classes are offered at ODC Dance Commons, a partner since 2005, as well as at schools and community organizations in the Bay Area. In addition to Rhythm & Motion's Dance Workout classes, ODC Dance Commons offers a world of dance in the heart of the Mission with global dance classes ranging from Afro-Haitian to Tribal Belly Dance and Tango to Brazilian Modern-- just a few of the 200 classes a week offered year round.

Consuelo Faust is the founder and director of Rhythm & Motion Dance Program, a San Francisco institution since 1979. Trained in ballet and modern dance, she performed and choreographed throughout the 1970's and 1980's with a number of San Francisco companies, as well as with her own troupe, Consuelo Faust and Dancers. In the 1990's Rhythm & Motion expanded to become a comprehensive center for dance and a home base for master dance instructors from around the world. In 2005, Rhythm & Motion Dance Program launched a partnership with the ODC Dance Commons, a center for the arts in the Mission District that includes a school, a professional dance company, and a theater. Ms. Faust has always been fascinated with the intersection of popular culture and formal art. Her work is motivated by the idea that "anyone can dance", and her well-known dance-workout program brings the skills and choreography of trained dancers to classes for the general public. Her inspiration lies in the ongoing work of creating a fun, safe, and healthful environment for people of all walks of life to experience the joy of dance.

Rhythm & Motion Dance Program fosters physical and emotional well being through sharing the joy of dance with people from all walks of life. A woman-owned business since 1979, R&M has become a San Francisco tradition. At their home studio on Mission Street, dancers of all levels enjoyed dance workout, global and social dance classes. Since partnering with the ODC School in 2006 to offer 200 classes a week for all ages, all levels, a vibrant, diverse community has been created at the ODC Dance Commons. For more information, visit www.rhythmandmotion.com or www.odcschool.org.

ODC School and Rhythm & Motion Dance Program partner in offering 200 classes a week, 365 days a year for all ages and all levels, from absolute beginners to professionals. Our classes are taught by an excellent professional faculty representing many dance disciplines. We believe that dance should be a visible, accessible, and joyful part of a larger world.

Dancers at the ODC Dance Commons enjoy direct connections to a diverse range of performing artists of all kinds. Our beautiful new building has a total of five fully-equipped studios, a free health clinic for dancers, a community lounge, a Pilates center, gallery spaces, locker rooms, showers, and more.

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