



# Friday April 4

**LOCATION: AS IS TERRACE**

## **YOGA: BALANCE & CORE STABILITY**

9:00am-9:50am

Facilitator  
True West Yoga: Andrea Renee

## **STOIC WISDOM FOR THE WEEKEND**

10:00am-10:50am

Facilitator  
Kaizen Koching: Travis Swartzlander

**Details:**  
How to win & get the most from The Edge 2025

**Movement. Mindset. Motivation.**

## **MIND IN MOTION**

12:00 - 12:50pm

Facilitator:  
Lance Dewbre

**Details:**  
*Explore how thoughts shape movement through guided exercises and partner work. Then, embody these insights in a dynamic dance session, experiencing the power of mindset in motion!*

**Movement. Mindset. Motivation.**

## **PARTNER YOGA**

3:00 - 3:50pm

Facilitator:  
True West Yoga

**Description**  
A fun, interactive partner yoga session perfect for building connection between dancers.

**Movement. Mindset. Motivation.**



# Saturday April 5

**LOCATION: AS IS TERRACE**

## YOGA: ENERGIZE & ALIGN

8:00am-8:50am

Facilitator

**True West Yoga: Andrea Renee**

## WELCOME/CHECK IN

9:00-9:30 am

## A DANCE THRU YOU

9:45-10:45 am

Facilitator

**Dawn Marie Ryan**

**Description**

Guided self-discovery exercises and journaling. Find your true identity, core values, and a clear vision for your future.

## DANCE THRU YOUR SENSES

10:45-11:00 am

Facilitator

**Dawn Marie Ryan**

**Description:**

Learn the power of visualization to empower your life! We will tap into our imagination and integrate our 5 senses. This experience incorporates music and gentle yoga.

**BREAK**

## SEE THE DANCE

11:15-12:15 pm

Facilitator

**Dawn Marie Ryan**

**Description:**

Learn the difference between D.U.M.B & S.M.A.R.T Goals. We will create focus and a top priority. Then create a virtual vision board image.

**LUNCH**

12:15-1:15 pm

## DANCE THRU YOUR BREATH & BODY

1:15-1:30 pm

Facilitator

**Dawn Marie Ryan**

**Description:**

Experience the power of your breath to calm and shift your nervous system. This will transition to simple seated and standing movements with music to embody your vision.

## THE COURAGE/CONFIDENCE/COMPETENCE DANCE

1:30-2:15 pm

Facilitator

**Dawn Marie Ryan**

**Description**

We'll explore how courage fuels confidence, which builds competence, creating a powerful cycle that unlocks your inherent value. You'll learn to move past limiting beliefs and step into a life of authentic self-worth.

## DECLARE THE DANCE

2:15-2:30 pm

Facilitator

**Dawn Marie Ryan**

**Description**

Enjoy meeting and sharing your insights with someone new! There is power in declaring your vision in a new space with others that believe in unlimited potential!

## LEARN THE DANCE: "UNWRITTEN"

2:30-3:00 pm

Facilitator

**Dawn Marie Ryan**

**Description**

Learn this fun,empowering, beginner line dance!

**CLOSING WITH GRATITUDE**



# Sunday April 6

## DANCE THRU LIFE SCHEDULE

### YOGA: MENTAL WELLNESS & STRESS RELIEF

9:00am-9:50am

Facilitator

True West Yoga: Andrea Renee

### POST COMPETITION MOTIVATION

10:00-10:50 am

Facilitator:

Kaizen Koching: Travis Swartzlander

Details:

Turn pain into reward! Attendees will be sent home with tools and drills!

Movement. Mindset. Motivation.

### FREE TO DANCE: LET GO & MOVE FORWARD

12:00 - 12:50pm

Facilitator:

Lance Dewbre

Details:

Learn practical techniques to release frustration, reset your mindset, and stay focused under pressure. Then, apply these insights in a dance session designed to help you move with confidence, clarity, and connection!

Movement. Mindset. Motivation.

### BURLESQUE FOR ALL

2:00 - 2:50pm

Facilitator

Brigette Campos

Details:

This class blends sensual movement, playful choreography, and mindset shifts to boost confidence, body awareness, and self-acceptance. Build strength, let go of inhibitions, and leave feeling fierce, free, and empowered

Movement. Mindset. Motivation.