

Stretching with Classics

Stretching exercises have been linked to better sleep and greater relaxation. You can multiply their effects by stretching with soft music by dimmed lights, allowing your nervous system to relax, your mind to wind down.

Classical music, including the works of earlier and contemporary composers, has a special ability to disconnect your thoughts from the problems and challenges of the day by letting you connect to something eternal. It helps you gain perspective, similarly as when looking around from a mountain peak... have you ever noticed how that can make you feel present, free from pressure and alive even a long time after? We would like to give you this feeling by offering an evening class dedicated to gentle wind-down and relaxation.

We use dynamic stretching exercises to warm you up at the beginning of the class and every time when moving on to a new muscle group during the main part of the class, creating the optimal conditions for effective and safe static stretching. We attend to the different muscle groups methodically, paying special attention to the muscles that are likely to shorten as a result of a sedentary lifestyle. We include exercises for improving body-awareness and posture. Some exercises come from jazz-dance routines, but they are easy to follow. Feel free to tell us about your specific needs and we can adjust the exercises to work on what is most important for you. The sessions end with a few minutes' relaxation to put you in the best mood for a calm evening that lays the foundations of a truly reinvigorating sleep.

Days and times

Tuesdays 8.15-9.00 pm

12, 19, 26 January, 2, 9, 23 February, 2, 9, 16, 23 March, 13, 20 April

Venue

VEDANZA Studios, 18 Rue Louvigny, L-1946 Luxembourg-ville

Registration

Please register [here](#). You will receive the payment details with the welcome email.

Price:

`Back to the Studio` offer – Enjoy 10% off the normal prices this trimester!

Prices 1/2020/2021	Single registration/Group class		
	Single class	Monthly pass (4+1 class free)	Trimester pass (10+2 classes free)
Regular price	22 20	88 80	220 200
Reduced price*	19 18	79 72	199 180

Plus:

***10% off for the second person registering with you**

***10% off for members of the Club Danses populaires et Danses de la Cour**

***10% off for subscribers for any other classes of Court Dancing Luxembourg**

Contact

Court Dancing Luxembourg – info@courtdancing.lu