



# DANCE your HEART out! GROOVE

Session #254 By Misty Tripoli

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THE**GROOVE**™ A New Dance Revolution

It's time to evolve! Dance and fitness have gotten so complicated and intimidated, most people cannot participate. THE**GROOVE**™ has transformed the group dance experience. It is a practical, intelligent, and simple approach to movement that makes dance easy, safe and fun for everyone. We are UNITED together and individually UNIQUE.

Experience something totally different than your typical follow-the-leader “traditional” fitness or dance class. Participants are connected to their own innate wisdom, intelligence and creativity and empowered to make their own decisions, explore how their body should move(not how the instructor moves) and they discover what amazing and creative dancers they are when they are not trying to copy or follow someone else’s movement or choreography.

This session is not taught, it is facilitated. We move beyond trying to “teach” movement, instead we “Facilitate” a safe space for participants to unite together in a simple movement or rhythm that they get to authentically execute and are guided to express in a way that feels perfect in their body.

**GROOVE** is truly something new and different which allows participants to explore and condition the other elements of being a WHOLE healthy human like higher brain function, creativity and individuality. Creativity conditioning is not something we see in the fitness world and yet it is the essence of who we are. We are creative beings and our workouts should reflect our innate nature. **GROOVE** cultivates the connection and synergy of the mind, body, heart and soul. It's time to simplify and evolve! If your workout does not allow you to be creative, it is missing one of the main components of being a WHOLE healthy human.

Forget about complex movement and choreography – Grooving is simply about putting basic functional movement that anyone can do to ridiculously amazing music and then creatively exploring the endless possibilities. Discover the perfect way to move.... YOUR WAY! Explore how to turn any workout into a powerful mind/body functional **GROOVE** experience.

\*Remember what your roll is as a fitness professional – helping people succeed at being healthy. The key element to success is SIMPLICITY!

**In this session you will creatively explore movements that will improve:**

- agility
- strength
- cardio endurance
- pivots/direction change
- kinetic links/chains (full-body coordinated movements)
- balance/coordination

**Sport-related skills**

- movement patterns and sequencing
- spatial awareness
- peripheral vision training
- interaction with others
- reaction time/decision-making

Breath, be present and enjoy the ride, There is nowhere to get to, you are already here! So GROOVE baby GROOVE! For more information about THE**GROOVE**™ please visit [www.TheWorldGROOVMovement.com](http://www.TheWorldGROOVMovement.com)

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Creator of THE**GROOVE**™ and Founder of The World **GROOVE** Movement