

Ana Sendas is a Contemporary freelance dancer, teacher and choreographer from Portugal. She has been dancing with Ballet Gulbenkian, Galili Dance, Göteborg's Operan, Ballet theatre Augsburg, Danskdanseteater among other Companies. She has been teaching, choreographing and participating in many independent interdisciplinary projects in Denmark and abroad.

This class will be a ballet class focusing on movement clarity and quality, sensory awareness and the joy of moving in space.

You can follow my work page here: <https://m.facebook.com/Ana-Sendas-546226575573436/>