



COME HOME TO YOURSELF

Community Movement Partnerships

BRING JOYFUL MOVEMENT TO YOUR COMMUNITY

Sacred Growth Dance brings **Nia** — a holistic movement practice blending dance, martial arts, and healing arts — directly to the people and communities you serve. No dance experience needed. Every body and every ability is welcome.

WHO WE PARTNER WITH

- ✓ Recovery & sober living organizations
- ✓ Domestic violence shelters
- ✓ Senior & active adult communities
- ✓ Community centers
- ✓ Wellness organizations & studios
- ✓ Retreats & custom experiences

WHAT WE OFFER

- ✓ On-site sessions led by a certified Nia instructor
- ✓ Gentle, adaptable movement — no dance experience required
- ✓ Sessions tailored to your group's needs, space, and goals
- ✓ A safe, judgment-free space for every body and ability

FLEXIBLE, COMMUNITY-MINDED PRICING

Every organization is different, so program pricing is tailored to your group's size, budget, and needs — with sliding-scale and community options available. Let's start with a conversation and find something that works for you.

LET'S PARTNER

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