

Get your boogie on with
Tornado Trish and potential guest
appearance of **MC Diamond Don**
for the first of many **Silly Sexy**
Awkward Dance Parties in the
Residency Room (EV 10.785).

The next one is on Tuesday November 22 from 12-2pm!

What is it?!

The event will involve cheesy aerobics meets dance music, mood lighting, and optional biodegradable glitter all to help you get into your best wiggly, giggly, lunging and prancing self.

Silly Sexy Awkward Dance Parties (SSADP) invites people to move in whatever way allows them to engage in a playful and expansive way of being. Silliness at these events is about enabling a depth, joy and connection with one another. Releasing the heavy and seriousness of life to just take a moment to wiggle and laugh together.

At the moment **future SSADP are planned for Monday evenings**, but are welcome to other time suggestions ;)

