



**TUPACO** will be offered at The Reiki Center as an eight week series on Tuesday evenings from 6:00pm to 7:00pm. The series will take place from **June 29th to August 17<sup>th</sup>**. Price is \$96/person with a minimum of five people required.

That is only **\$12** per class!!!!

## WHAT IS TUPACO?

**TUPACO** is a practice and a way of thinking, based in movement and visualization.

**TUPACO** is an integration of techniques including: core work, stretching, yoga, breath work, dance, movement fundamentals, visualization and meditation.

**TUPACO** is for all bodies, ability levels and ages.

**TUPACO** targets: strength, balance, stress relief, clarity, focus, Flexibility, energy, and harmony.

In **TUPACO** you will: strengthen, relax, renew and focus.

In **Tupaco** you will learn to: value and improve your body, clarify your mind, balance, relax and invigorate your whole Self.

### **Jessica Tupa** Director-Creator of **TUPACO**

**Jessica Tupa** is a Columbus based choreographer, performer, teacher and wellness practitioner. With a BFA in dance from OSU, she has an extensive history in dance, is trained in several body/mind therapies and certified in Mat Pilates. She developed **TUPACO**, for all ages and fitness levels, to fill a need she saw in the fitness/wellness industry. This practice integrates Yoga, core work, movement fundamentals, dance, breath techniques and meditation/visualization into a **body valuing** and fully connective experience.

For more about her dance background and her dance company please see her website, [www.tupaco.com](http://www.tupaco.com) and click on **TUPACO Dance** at the bottom.

Jessica believes that personal expression and educated self-care create opportunities for health in the mind, body and spirit for people of *all ages and physical ability*. She remains committed to bringing movement and dance, as *activities and Art*, to participants and audiences wherever possible.