

# FRPT Flash Dance Class

## Invitation to an Exclusive Dance Class Lesson

Join us on Thursday, December 5th, 2024, for a rejuvenating TARANTA/PIZZICA dance lesson, rooted in the rich traditions of southern Italy. Through the gentle rhythms of this traditional dance from Puglia, you'll immerse yourself in a mindful movement experience to boost both your physical and mental health. With simple, flowing steps and uplifting music, this session offers a unique opportunity to connect with culture while enjoying a refreshing start to your day.

### Event Details:

We are thrilled to invite you to a special TARANTA/PIZZICA Dance Lesson on Thursday, December 5th, from 7:00 – 8:00 AM. Immerse yourself in the vibrant culture of southern Italy with this traditional dance from Puglia.

### Time & Location:

- **Date:** Thursday, December 5th, 2024
- **Time:** 7:00 – 8:00 AM
- **Place:** Sala Supernova

## What to Expect

- **Introduction to TARANTA/PIZZICA:** Learn about the history and cultural significance of this popular Italian dance.
- **Dance Lesson:** Step-by-step instruction on the basic moves of TARANTA/PIZZICA, suitable for all skill levels.

## Why Attend?

- **Cultural Experience:** Gain insight into the rich traditions of southern Italy.

- **Networking Opportunities:** Meet new people and get to know your colleagues in an informal environment.
- **Fitness:** Get moving with this energetic dance form.

Don't miss out on this opportunity to experience the health benefits of TARANTA/PIZZICA! Whether you're a seasoned dancer or a complete beginner, this lesson promises to be an enriching experience.

We look forward to dancing with you![REGISTER FOR FRPT 2024 AND SIGN UP FOR THE FRPT FLASH DANCE CLASS](#)