ADULT CLASSES

COBA offers a range of classes open to the curious novice with little or no experience to seasoned dance professionals looking to fine-tune their skills and expand their movement vocabulary. We regularly offer specialty workshops taught by guest griots and master teachers.

- Study traditional and contemporary African & Caribbean dance forms
- Explore the cultures of the African Diaspora through music and dance
- Reduce stress; improve overall body conditioning, flexibility and posture
- Develop discipline and self-confidence

A-FEEREE

COBA offers high quality dance education that is supported by a legacy of African history. The primary training mechanism for African and Caribbean dance forms is A-Feeree. Developed by COBA's artistic co-founder Bakari E. Lindsay and taught exclusively at COBA Studios, A-Feeree conditions a dancer's body to navigate the aesthetics of African and African Diasporic dances. This unique training method draws on the traditional dance culture of Africa's Séné-Gambia region as well as indigenous folk dances from Trinidad & Tobago.

CLASSES & SCHEDULE

TRADITIONAL WEST AFRICAN & CARIBBEAN FOLK

Study various traditional dances from Africa's Sene-Gambia region and the Caribbean along with the lyrics and melodies of accompanying chants. Folklore and the history behind the dances are also incorporated. Live drumming accompaniment.

CLASS SCHEDULE: **African: Mondays at 6:00pm - 7:30pm**
Caribbean: Thursdays at 7:00pm - 8:30pm

DANCEHALL JAZZ

A blend of traditional jazz dance technique and popular Jamaican dancehall movement. Combines technical skill with sensual and expressive movement.

CLASS SCHEDULE: **Tuesdays at 6:00pm - 7:30pm**

AFRI-JAZZ

Jazz technique fused with COBA's Africanist dance vocabulary

CLASS SCHEDULE: **Wednesdays at 6:00pm - 7:30pm**

DRUMMING

Students learn basic tone and slap technique and explore rhythms from the Sub-Saharan Africa, Caribbean and Latin America.

CLASS SCHEDULE: **Tuesdays at 6:00 - 7:00 PM**

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