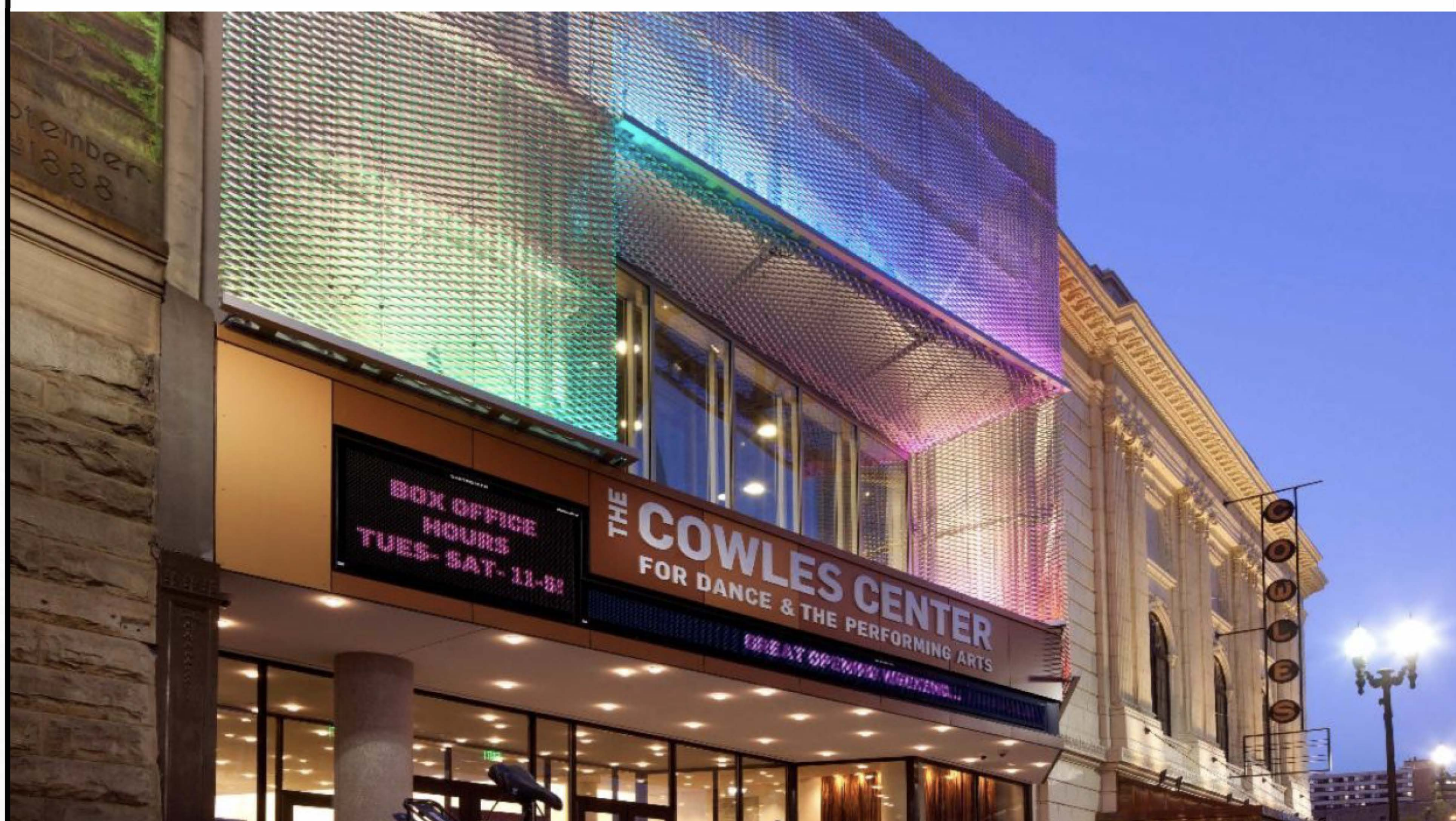


THE COWLES CENTER FOR DANCE & THE PERFORMING ARTS



[Finding Your Rhythm](#)

Greetings!

These are uncertain times.

As The Cowles Center shared last week, our performance season is [postponed](#).

We shared yesterday that our in-house and external programming is also on pause - like many of our lives are.

The Cowles Center is dedicated to sharing a few resources every week that benefit your **Body**, **Mind**, **Spirit**, & **Wallet**; all with the hope of helping you, in our greater dance & performing arts community, find your rhythm during this period of ambiguity - complete with more inside time than we most of us thought we'd have this month.

Move your body!



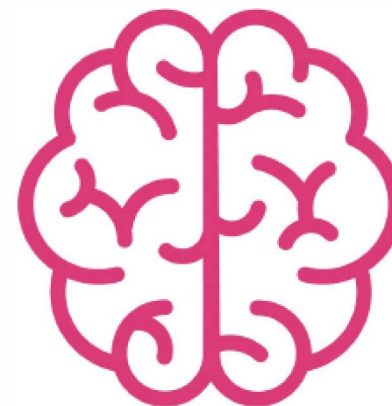
Wanna groove? This guide will help you [Dance Every Day](#) with links to classes.

Have space for a yoga mat or towel in your home? Try out Yoga with Adriene's [Yoga for Dancers!](#)

Engage your mind ~

Has the transition to a virtual workplace got you down? Fractured Atlas [has your back](#).

Less time in groups = more time to cuddle up with a good book. This [list of nine books about dance](#) will help you find a new read.



Keep a joyful spirit >>



[Stream the stage!](#) You can practice social distancing and still get your performance fix thanks to The Observer.

Only have 10 minutes of 'me time'? We're obsessed with [Dancing in Movies](#).

Care for your wallet >>

We encourage all artists living in Minnesota to learn more about Springboard for the Arts' [Emergency Relief Fund](#).

Not local? There are more artist resources available! Creative Capital has a [fantastic list](#) that covers a variety of disciplines and geographies.



Compelled to take Action?

Like many, we feel the call to give to those who are most affected by the closures, cancellations, and postponements that were widespread and unexpected. If you're able to give, we encourage you to provide. Here are a few options:

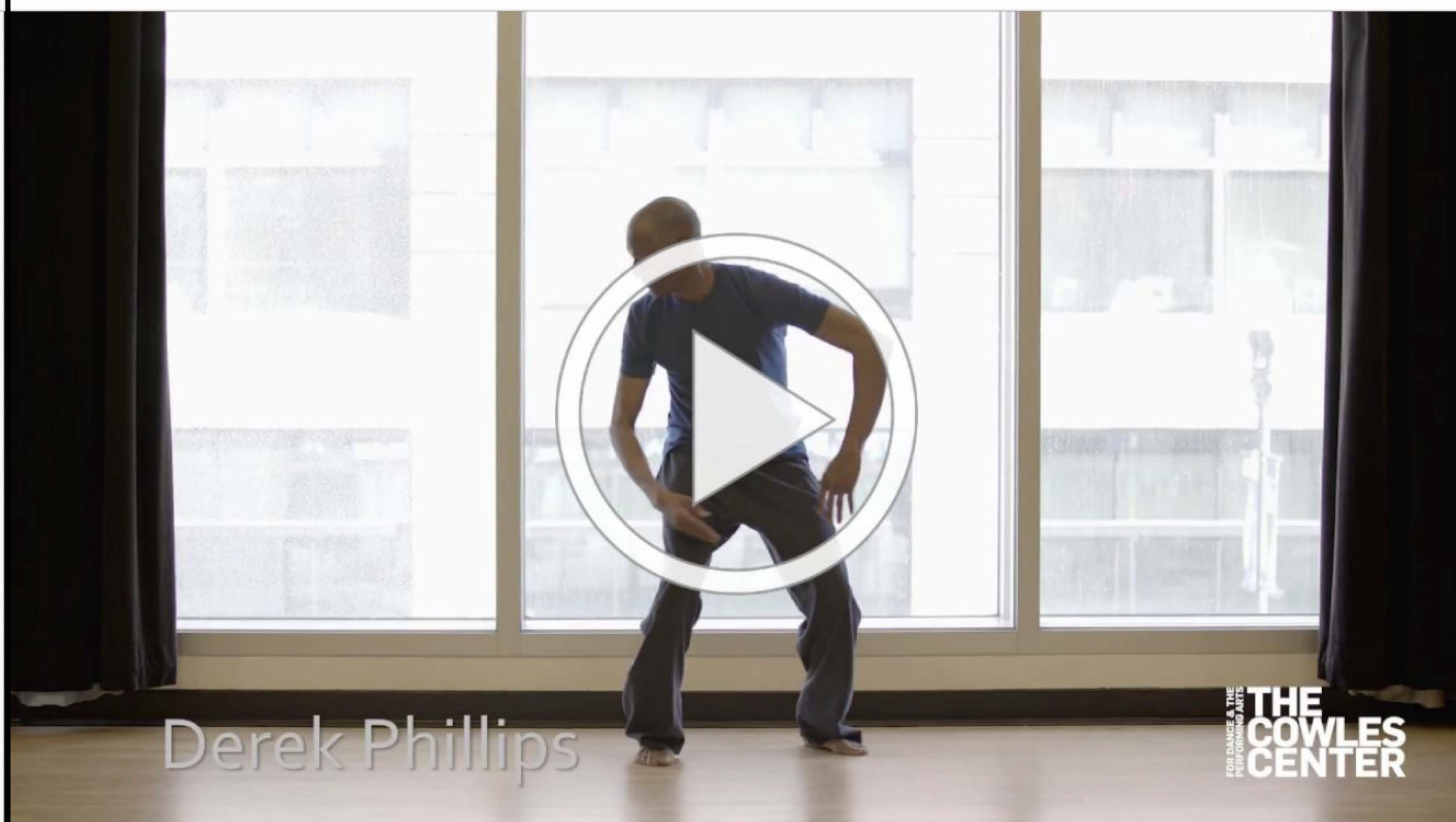
Encourage your representatives to [support entertainment workers](#) in Congress's relief package.

Donate any amount to Springboard for the Arts' [Emergency Relief Fund](#)

Support [The Cowles Center](#) so we may, in turn, continue to support dance & performing artists. Artists like Derek Phillips, featured below!

Teaching Artist Spotlight

[Meet Derek Phillips, Teaching Artist](#)



[Shows & Tickets](#)

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