

# Sista Zock

RENAISSANCE PACKAGES

MUSIC-METAPHORS-MOVEMENT-MELODIES



## MENU

### PERFORMANCES

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- Afro Cabaret
- Poetry and Drums
- Jazz Harlem Renaissance
- Performance Workshop  
(Incorporates workshop participants into performance)

### CONSULTATIONS

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- Community Engagement
- Program Development
- Event Production
- Festival design
- Event Planning

### MIND /MOVEMENTS

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- I Jump (I Just Unite Music and Physicality)
- Affirmations and Movement
- Wellness Lectures
- Writing Sessions
- Drum Fit Workout
- Stretch Core Classes
- Personal Training
- Small Group Training
- Corrective Exercise
- Behavior Modification

[www.Sistazock.com](http://www.Sistazock.com)  
@Sistazocksolid  
Sistazock@gmail.com

