

O'Shea Irish Dance Announcements

April 7, 2025

Important Dates - Mark Your Calendars

- CLRG Worlds - April 13 - April 20
- OID Spring Break - April 18 - April 27
- IDPA Parent/Adult Summer Party - June 27

OID Spring Break - April 18 through 27

OID will be on Spring Break from Friday, April 18 through Sunday, April 27. Classes will resume on April 28.

CJAC Class: Celtic Yoga by Candlelight

Experience gentle, meditative movement in a small-group setting as you flow through classic vinyasa sequences set to Celtic-inspired music, guided by a certified yoga instructor, Karin Rice-Duncanson.

[Cost is \\$80 for 4 In-Person Sessions: Mondays 6:30 – 7:30 pm, April 28 through May 19.](#)

CJAC Class: Myofascial Freedom for Dancers & Musicians

Sore after a lesson, session, class, or céilí? Learn a range of movements and hands on techniques to help liberate your body from fascial restrictions.

Relieve tension and care for your body under the guidance of John Barnes-certified Myofascial Therapist, Derrick Lundberg. This class will help you self-treat aches and keep the fun going—so you can dance, play, and move with ease!

[Cost is \\$80 for 4 In-Person Sessions: Wednesdays 5:30 – 6:30 pm from April 30 through May 21](#)

Five OID Dancers Heading to Worlds!

Best wishes and safe travels to Ethan, Jordan, Mary Grace, Jason and Henry as they head to Dublin for the CLRG Worlds Irish Dance Championships. Competitions run April 13 through April 20 in Dublin. Catch all the dancing and awards on [FeisTV](#).

IDPA Summer Cocktail / Mocktail Party

Save the date O'Shea Family Adults (21+) because you're invited to the IDPA Summer Cocktail / Mocktail Party to recognize the amazing volunteers who helped make IDPA a success this past year! The event will be held at King Coil, St. Paul on June 27 at 7pm and you're all invited!

More details, babysitting options and a registration link coming in May. Mark your calendars now, we can't wait to see you there!

OID Is Celebrating 20 Years!



Well that was fast! OID is celebrating 20 years this year and as part of the celebration we're looking for your memories. We've created a Dropbox folder where you're invited to share photos from the earliest days of your dancer's involvement up to now.

Get your pictures organized and then [visit this link](#) to upload your photos. You'll see it's hosted on OID's co-administrator Kristo Sween's Dropbox. Can't wait to see and share your memories!

Myofascial Release Therapist at CJAC on Wednesdays

Derrick Lundberg, Natalie's massage therapist and friend, is a licensed massage therapist trained in Myofascial Release, Osteopathic Manual Therapies and Oriental Medicine.

A performer's most important tool is their body. Injuries, limitations, and performance can all be improved with manual therapy. He will be offering weekly, 30-minute massage appointments to O'Shea Families on Wednesdays from 6 pm - 9 pm in the Green Room. The cost is \$30 per half hour (a special rate of only \$1 a minute!) session.

Please contact Derrick directly at (651) 214-2476 or Derrick.Lundberg@gmail.com or through the CJAC schedule form [on his website](#).

REMEMBER TO VISIT THE [OID DAMHSA SITE](#) FOR IMPORTANT SCHOOL INFO.