

Dance and Music

There are 4 modules in this course

Do you ever find yourself anchored by the belief that you can't dance? Do you feel as though your body is stifling your creative and expressive potential? Have you ever wished to seamlessly harness the life force that propels you to move and express yourself both creatively and authentically?

Welcome to "Dance for Life" – a uniquely crafted course designed from a movement-centric perspective. Our foundational belief is simple: since everyone can move, everyone can dance. Unlocking this ability merely requires an intelligent guide to help you navigate the path of discovering what's immediately available to you. And this course is precisely that guide!

In part one we utilize powerful tools to tap into your body's dormant energy, its intrinsic intelligence, and boundless creative potential. In part two practical movement maps are employed to help you comprehend the core movement patterns enabling vast expressive possibilities. Part three provides you with ideas and tools for creative movement composition so that you never run out of inspiration. In part four we will be inviting you to discover and master movement as a potent communicative medium.

Throughout this journey, our encouragement emphasizes not perfection of form, but depth of experience. We aim to reshape your perception of dance. It's not about the steps, nor adhering to a specific style. It's about your unique expression – your individual biological and creative signature. Dance isn't confined to the dance floor; it can also be a life principle! Through dance, you not only support and uplift your life but also begin to dance through life itself. This course encourages you to unveil this latent potential!

Beneficial to many, this course, built upon a distinct perspective and process, provides beginners with accessible gateways to the essence of dance. Intermediate-level dancers and movers will acquire insights to refine their skills and undoubtedly broaden their expressive vocabulary. For masters and teachers across various arts, this course will offer a powerful new perspective and expand their toolkit of teaching methods and processes.

After all, dance is a powerful tool to build confidence, foster creative expression, and promote health, happiness, and connection. Achieving that - well, what more could one desire?

Shall we dance?