

Why You Should Register

As individuals develop their talent, dance helps them become divergent thinkers, they develop a sense of self, social and cooperation skills, leadership qualities, and they become self-discipline thus strengthening their mind and body controls. They develop a skill that will be theirs for life, one that they can fall on to give them a sense of peace and a way to maintain a healthy lifestyle in the future.

In today's society many people do not have a sense of self or are unaware of their capabilities or even the effects of dance in our lives. They build a false concept of what beauty or success is, they doubt themselves, they do not know how to be their best and do not believe they can be successful at what they do. As a result, they suffer from low self-esteem, which in some cases, worsens as they grow up into teenagers and later adults.

Many adults feel the need to use unnatural means or plastic surgery because they felt for a long time that they were either not beautiful enough or felt inadequate due to long lasting low self-esteem and resort to decisions or choices that many parents would not want their future teenagers to make, decisions that could eventually have serious negative impact. The adults who may make these decisions may later regret it.

As students become more involved in the dance program, they may continue to develop a true sense of self. One of the best tools to develop positive self-concept is to know whom you really are "inside". Dance training helps students get in touch with who they are (mentally, socially, physically) and facilitate their discovery of the many positive qualities about themselves, enabling them to embrace their weaknesses with a positive attitude and to choose the right approaches to addressing them. They discover that they can work on, and improve their weaknesses to their maximum potential. These values and skills are transferable to other areas in our lives such as academic subjects, our jobs and family life.

During the classes or workshops" Students will have opportunities to explore the concept of setting goals, to learn the joy of movement, to explore and handle emotions without going outside of self in order to gain a true sense of self. Often, people are engrossed by what is going on around them (positive and negative), to the point where they base their standards on that outside world, which reduces the chance of focusing on their internal energies that can have a greater positive influence on their true sense of identity, self-confidence and success.

The important issue of self-concept, among others, is addressed throughout the dance training to encourage students to recognize their strengths and weaknesses, accept themselves for who they are and to assist them in recognizing their inner beauty.

They will become more aware of how to take care of their bodies through natural approaches to a healthy lifestyle - exercise, make the right choices about what they eat when they have the choice to decide upon, how to use relaxation/silence in their lives to their benefit.

Through the creative process **students** will explore various themes, produce pieces and showcase their own dance projects.

Dance is more than an art form that is aesthetically pleasing to the sense; it is also a wonderful form of exercise and therapy that is systematic (when taught well) and educational and empowers people in many ways. Its therapeutic element allows individuals to release their daily stresses, which can impact positively on their behavior and self-control in regular classrooms, on the job and in our families.

By developing one's dance skills and all the other benefits associated with it (whether to become a dancer for fun or therapeutic reasons), you experience the benefits of this wonderful medium.

The training and experience is likely to have positive effects on talent development or enhancement, well-being (physical, mental, social, morale, etc), motivation of the individual as well as on attitude and self-esteem.

Individuals will be more prepared to face the negative energies and influences that pervade their lives on a daily basis, which often make many people feel inadequate.

By empowering yourself or that of your child, each of you will be prepared to face the challenges ahead and daily stresses that tends to want to pull us down.