

Body Dance™

GIRLS' CIRCLE PROGRAM

empower • express • embody

Bodydance Girls' Circle Program supports girls through the various stages of BLOSSOMING in body, mind & spirit. For **girls ages 7-9, 10-12, 13-16 yrs**, this holistic expressive arts and empowerment program engages girls with classes **weekly, monthly gatherings, and 5-day summer camp**.

- **Reduce** mental/physical stress and anxiety
- **Reclaim** self-confidence and embodied trust
- **Empower** self-esteem and belonging
- **Express** JOY and INSPIRATION!
- **Embody** comfort and CORE alignment
- **Explore** inner rhythms and waves
- *Be yourself in a supportive creative space*
- *Bodydance curriculum includes:* expressive arts, embodied alignment/chakra education and movement therapies: voice, art, music, creative dance, yoga, pilates, movement improvisation-choreography, belly dance, hooping and sport endurance.



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