

DANCE EMPOWERMENT WORKSHOP FOR GIRLS



17.-18.03.2018



Dance Empowerment Workshop for Girls with Dancer Rebecca Narum, USA

March 17 - 18

Saturday, 9:30-16:30 hrs.

and Sunday 9:30-15:30 hrs.

(with a short final performance for the parents at 3:30)

This workshop for girls explores and encourages self-empowerment through dance and movement. Through different dance techniques, improvisation, and composition we will engage with our own female empowerment. We will also take time to share and discuss what we are learning along the way and how we see similarities or parallels in our real-life experiences. This work has developed through Rebecca Narum's own experience as a dancer and it helped her to live as a strong, confident woman. This workshop will be a fun, safe space to explore who you are and what you have to offer the world.

Rebecca Narum is from Minnesota, USA and began dancing when she was 5 years old. During her early childhood, she trained in ballet and tap and then went on to learn jazz, kick-line, and hip-hop during her four years on the Banks Brave Dance Team in High School. She worked with Mich-Mash Dance in New York City, studied under Luz Arcas and Carolina Márquez in Madrid, and completed a 2-year training from Bewegungs-Art in Freiburg. In addition to her dance, she has also enjoyed teaching children English for the last four years in Madrid and Freiburg.

For girls ages 14 -17

Admission: 80€ / 60€ (CSH members)

Please register by March 13th at

schroeder@carl-schurz-haus.de

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