



BLACK DAISIES: JOYFUL RITUAL & DANCE WORKSHOP

Preparation

Wear comfortable clothing for movement. No prior experience is necessary.

Description



Each dance workshop opens with a joyful ritual; a short dance improvisation activity designed to break the ice, introduce participants to the project's themes and give them an opportunity to express their personal joys through movement. The ritual is followed by an open-level dance workshop based on a fusion of African diasporic styles (house, Afrobeat, dancehall, hip hop), in which participants learn a short choreographed phrase. The workshop concludes with individual and group affirmations using words and movement.

Materials

AUX or bluetooth speaker

Duration

30-60 minutes