

# DANCERS IN BALANCE

BECAUSE YOU DESERVE IT

FEATURING  
THE DANCERS  
IN BALANCE  
CURRICULUM



# DANCERS IN BALANCE

THIS CAMP HAS BEEN DEVELOPED EXCLUSIVELY FOR DANCERS, BUT IT IS UNLIKE ANY DANCE CAMP YOU'VE EVER EXPERIENCED BEFORE. DANCERS WILL SPEND MOST OF THEIR DAYS INVOLVED IN THOUGHT PROVOKING ACTIVITIES, SOUL SEARCHING, AND HONING LIFE SKILLS, AS WELL AS ENGAGING IN DEEP STRETCHING AND YOGA, IMPROVISATION AND SELF CHOREOGRAPHY.

BEING A TEEN OR PRE TEEN TODAY COMES WITH SOME PRETTY SERIOUS CHALLENGES. SELF ESTEEM, POOR EATING HABITS, BULLIES, MAKING FRIENDS, AND NAVIGATING TRICKY SOCIAL SITUATIONS ARE JUST THE BEGINNING.

DANCERS IN BALANCE HELPS DANCERS FIND PHYSICAL, MENTAL AND EMOTIONAL WELL-BEING... TO HELP THEM FIND BALANCE.

HAVE FUN - MAKE FRIENDS- BOOST CONFIDENCE- BE YOU

INCLUDES  
JOURNAL SET  
FOR EACH  
DANCER



RECOMMENDED AGE 10-15

AUGUST 7TH-9TH

11AM-2PM

*\$125 Per Dancer*

Hold your spot with a \$35 Deposit.  
Deposits are applied toward camp  
tuition and are not refundable

