



# Beyond Dance : Creative Movement Summer Camp for Kids

Looking for a fun summer activity for your child? How about an integrated 12 sessions full of play, creativity, dance, art, movement and exercise? Our summer dance camp offers creative movement exploration, play-based exercises, and training in strength, flexibility, and body coordination. Join us in a safe and inclusive space for children to come together, move, and interact.

## Program Details:

- Age- 8 years old and above
- Total 12 sessions over 6 weeks of summer
- Taught by 3 teachers
- Frequency- 2 times per week
- Duration - 1 hour
- Begins April 24.
- Ends June 3
- DEMO session on April 21, 2023
- Props and art material needed?

Yes, the list will be shared a week before and it is very likely that you already have the items at home.

- More questions? Refer to FAQ at the bottom of the page.

<sup>1</sup>Dates are tentative and will be determined once a conversation is held among all the parents who have signed up.

# **A Brief Overview: The Movement Studio- 2017-2023**

**300+ students**

**5 examinations**

**3 dance styles**

**1 gymnastics program**

**After-School Activity program in 5 schools**

**2 stage shows**

**3 summer programs**

**4 workshops with internationally trained faculty from France, Australia, Singapore and the US**

**Customised Strength and Conditioning program for children pursuing dance and gymnastics**

**Strict adherence to Safe Dance Practices**

**We collaborate with the country's best dance teachers, therapists and S&C coaches to deliver excellence and care.**

# Testimonial

"Prerna mam is a very professional teacher. She gets what she has to do while still keeping the class fun. Her classes are never stressful and I've always looked forward to them. She is friendly and considerate. Prerna mam is extremely intelligent. She is good with children and adolescents. She is qualified in many fields and over all makes a great teacher."

- Akshita, 12, Student



***"I believe in every child's capacity to create." - Prerna***

Play is the child's tool to find herself. Movement is her metaphor of expressing it. Both beget creativity. Only in creativity will the hurt adult find freedom and peace.

**Let children play.**

# Meet Our Founder & Principal Teacher

## 1 Dance & Movement Educator

25+ years of dance studies.

13 years of teaching, reached 800+ children- from early childhood to late adolescence

6 years of teaching at The Movement Studio

## 2 Expert Childhood Specialist

Widely known for her expertise in working with children in both creative and therapeutic spaces. She worked with Teach For India as a full-time teaching fellow before establishing The Movement Studio for dance.

## 3 Passionate about children, education, the arts & psychology

Loves working with children and has a gentle and kind approach, making sure that every child feels safe and included. She writes extensively about the importance of free play, creative flow, self-expression and dance-in-education.

## 4 Contemporary dance & Creative movement

Trained up to different levels in-

1. Kathak, Bharatanatyam, Classical Ballet, Modern Jazz, Jason Winters' Contemporary dance
2. Pilates- Matwork
3. Post-Graduate Diploma in Dance Movement Therapy (graduates September, 2023)

<sup>1</sup>**Interesting fact:** Miss Perna is an electrical engineer but she quit it a long time ago to pursue education, pedagogy and art.

# Testimonial

"My daughter was just 6 when she started learning ballet from Prerna and six years later, she's going strong in another country because of the strong foundation, support and encouragement she received from her teacher. Prerna is an excellent dancer and teacher, but more than that she's a fierce advocate for her students. She's passionate, dedicated and extremely professional. I can't thank my stars enough for leading us to her. She's just what my daughter needed to fall in love with ballet."

- Garima, Parent

# The Benefits of Movement for Children

## 1 Physical Health

Movement helps children develop **strong muscles, improve coordination and balance, and increase flexibility**, leading to better physical health.

## 2 Mental Health

Dance- especially creative exploration based- helps children develop *a sense of self*. From there, they develop *self-expression, creativity, and problem-solving skills*. It is a great medium to let out any pent up emotions in a healthy way. **The process of creating a dance, a choreography is the process of curiosity, attention to detail, a travel inwards to find a sense of beauty and comfort.** Dance also improves children's social interactions to better their mental health and well-being.

## 3 Confidence

Creative dance exploration builds confidence and self-esteem, which helps children develop a positive attitude towards themselves and others. **Especially in an environment contained by a kind and patient teacher, children bloom.**

## 4 Academic Success

Dance and play **improve cognitive function, memory, and focus**, leading to better academic success in school.

# Oh great! So what does a session look like?

## ▼ Warm up

Is crucial. We warm up for-

1. The transition from a body at rest to a body in motion.
2. The psychological transition from home space to online learning space.

## ▼ Main part of the session

The objective for the session is met here. Children exercise, improvise and learn through the use of props, play and classroom-style teaching when required.

## ▼ Physical cool down

Is as crucial as the warm-up.

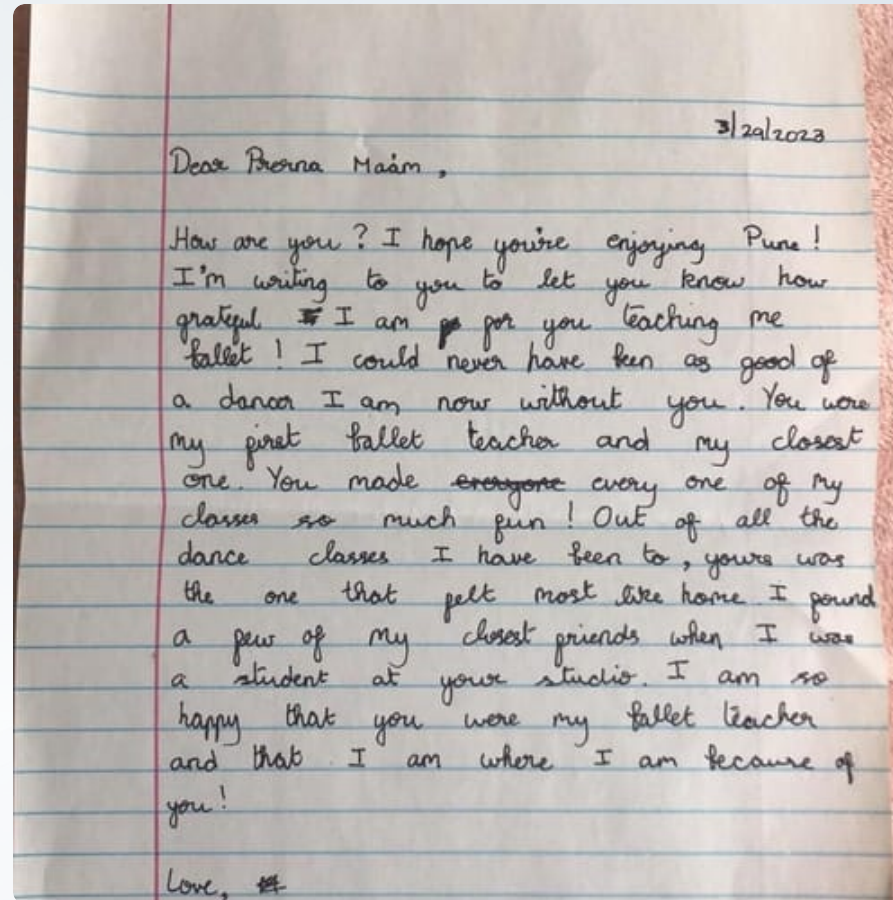
## ▼ Sharing circle

Serves two purpose:

1. Movement is an emotional experience. The class closes only when the children have had their say- both verbally and through creation of art.
2. It is a return from online learning place to the home space of rest and play.

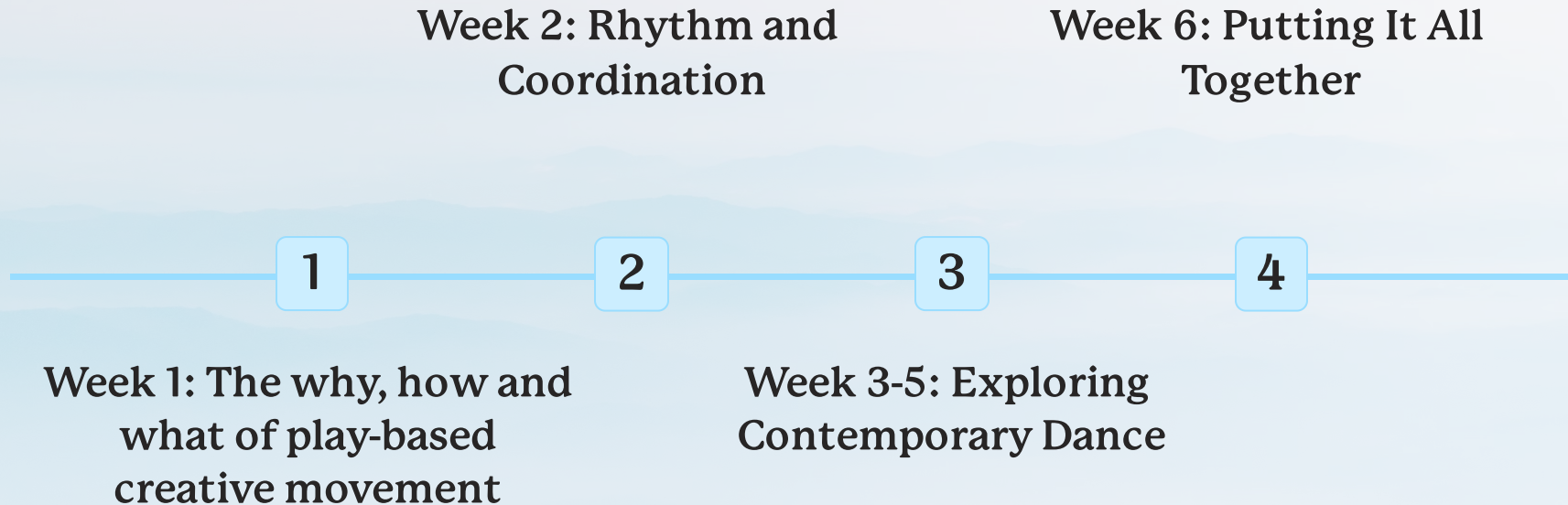


# Testimonial



MYRA, 12, STUDENT

# A Week-by-Week Breakdown of Our Program



# Ok, What Does My Child Get At The End of The Program?

## **Certificate of completion**

Children receive a certificate of completion from The Movement Studio

## **Feedback letter with recommended next-steps for parents**

A short report along with teacher's recommendation for next-steps is sent to the parents.

## **Letter of appreciation- A hand-written note from teachers posted to your home**

There is nothing like the personal touch, the old-fashioned way of saying "You are important. I value our time together."

## **Memories That Last a Lifetime**

Your child will make new friends and create lasting summer memories through our dance camp.

**Alright, what else have you got?**

# Gifts!

Here's a little something we put together for you!

## Gift 1 : Demo session- Free

30 minutes of demo-session for the children to familiarise themselves with the online space, other children who will be their classmates, with their teacher, sharing circle to discuss about what they expect from the lessons, a gentle movement session with play and stories. This session is free of cost. You can choose to sign up afterwards.

## Gift 2 : Former student/client discount

Have you trained with Miss Prerna before? Collect your discount of 10% !

## Gift 3 : Referral discount

Bring your friends and make this space yours! Both of you get a discount on the fees. If your friends join later, 15% of the fees will be refunded to you, and your friend will get a 10% off on joining.

## Gift 3 : Sibling discount

If you are enrolling two or more siblings, collect your 10% discount and share with us some of your sibling stories in the class!

## Gift 4 : Early bird offer

Enrol before April 20 and avail of 10% discount on the class fees

## Gift 5 : Avail later for future programs

If you have attended our summer camp and wish to enrol for regular classes- online or onsite (Pune only), you are eligible for a 50% discount for future courses and trainings Check our website for "For The Children Series".

 Conditions applied.

# Testimonial

"Miss Prerna is a very professional, trained dance teacher. She doesn't only teach dance but she also has in-depth knowledge about strength and body and the physiological impact that any exercise would have or any dance step would have. So, she also personalises dance steps and has a good intelligence to understand what goes in the learner's mind and mind as she is teaching. She is also very patient as well as she is not extremely, only output oriented but she encourages students to enjoy the process. so overall she is a very intelligent dance teacher as well as fitness trainer."

- Aparna, Parent

# What Happens After the Program?

## Join Our Dance Studio

We welcome our summer camp attendees back to join our regular dance program starting in September- with a gift.

## Memories That Last a Lifetime

Your child will make new friends and create lasting summer memories through our dance camp.

## Performance Opportunities

Our dance studio offers performance opportunities for children who want to showcase their skills.

## Join Our Dance Community

Our dance studio is more than just classes - we have a thriving community of dancers and families who love to connect and support each other.

# Lets' work together!

Call - +91 9884029319

Email - [themovementstudioin@gmail.com](mailto:themovementstudioin@gmail.com)

Website - [www.themovementstudio.in](http://www.themovementstudio.in)

# FAQ

▼ What if my child has no dance experience?

No problem! Our summer dance camp is designed for children of all levels.

▼ Are you affiliated with any organisation?

Yes! Our syllabus and certificates in dance training come from the Commonwealth Society of Teachers of Dancing (CSTD). Our creative and therapeutic aspects are derived from PG Diploma studies in Dance Movement Therapy.

▼ How do you ensure an efficient learning outcome in an online session?

We have learnt from 3 years of teaching online that-

1. Most of the learning is adaptable to an online format.
2. We set up a working alliance in the first session. This ensures protocols agreed upon by the children are in place to maximise their learning.
3. We teach the warm-up exercises over the first two lessons and for all future lessons- we discuss as part of our working alliance that they will do their warm up before the lessons start.
4. The techniques which absolutely require sprung floor are taught in an adapted version which is safe. For example, the classical sautés in Classical Ballet is done on a mat which is folded into half to absorb the shock of landing. Sometimes the student might be asked to wear running shoes for particular exercises.
5. Information is key. Any required props or training conditions are communicated 24-48 hours in advance.

▼ How much space is required for the class?

Any open space, free of any hurdles, indoors or outdoors, is fine. It should be enough for the child to move comfortably. You can always ask the teacher to get on a call and check out the space.

▼ We want to attend but our summer vacations begin in late May or June. What do we do?

You can attend one session at your convenience. It will be a free demo for you. Then enrol for the next batch beginning June. The session structure remains the same but the objectives will change. Your child's learning will always be adapted so they can fully participate.

▼ What if I wish to attend only part of the program?

Then, we will customise it for you. Please call us.

▼ My child has anxiety around online classes. Now what?

Would it help if Miss Perna gets on a call with them, listen to their fears and clarify their doubts? It is perfectly alright for the child to refuse to enrol after the conversation. In fact, a particularly interesting way to exercise the agency to say no in a safe space! We welcome authentic expression.

▼ Where can I find more details about your teachers and their credentials?

Website- [www.themovementstudio.in](http://www.themovementstudio.in)

IG - <https://www.instagram.com/themovementstudio.in/>

▼ I am eligible for more than one gift.

You are welcome to club Gift 1 - the demo session - along with one other gift which applies to your situation.

▼ My child is 7 years old but your program says 8+

We would love to have them in the demo session! If they find they are able to enjoy the lesson and see value in it, they are welcome to join us.

▼ My child has special needs.

Every single child of all abilities and capacities, ethnicities and cultures is welcome to our classes. We create experiences suited to each child's unique ability and work with what they have. We have teachers trained in multi-cultural model of pedagogy.

▼ How do you ensure children's safety in online lessons?

1. Recording of classes or taking pictures are done only with the guardian's and the child's consent. Sharing of the recording in part or whole is done only for promotional content on The Movement Studio's website, YouTube or social media pages. You reserve the right to request any content taken down if it has your child in it and if you have not signed the consent form with a clear 'yes' within 2 weeks of the content going up. We will keep you posted.
2. The recording, if done, is stored securely.
3. Children are allowed free expressions within the bounds of civility.
4. Our teachers and their teaching methods are child-centric i.e. the child is at the centre of the experience. They get to decide their goals within a larger framework of objectives set by the teacher.
5. We only work with certified and experienced teachers.
6. All processes are transparent. All communication is confidential. All questions will be address in an appropriate manner.
7. If we don't have an answer to your question or needs, we will either find out more and get back to you - if that is possible, or we will state the truth as it is.
8. If our teacher identifies a concern or doubt that is beyond the child's current capacity to handle and beyond the purview of the teacher's scope of practice, the parent will be informed in a timely manner.
9. We encourage children to rest or only observe if they are unwell or exhausted. Children are never pressured into any activity- as teachers who work in both creative and therapeutic spaces, we meet the child where they are at and guide them with patience and gentle nudging.



ⓘ Registration only through payment made in advance please.

Please call +9198840 29319 or email [themovementstudioin@gmail.com](mailto:themovementstudioin@gmail.com) for any queries

ⓘ This summer program was created under our Personal Movement Language Exploration and Development (PMLED) program.