

# Christina Redondo: Dance Programming & Workshops

Curriculums and workshops designed to help dancers thrive emotionally, physically, and creatively

My offerings fall into five categories:

1. **Learning Seminars (for the mind)**
2. **Skills-Based Movement Classes (for the body)**
3. **Emotional Support Circles (for the heart)**
4. **Dance Parties (for joy & integration)**
5. **Misc & Group-Specific Workshops (for intention & connection)**

## ***Learning Seminars***

Deep-dive sessions focused on mindset, communication, dance culture, and personal growth. Perfect for building emotional resilience and widening their perspective.

- **Dance Anthropology: Why Humans Evolved to Dance**
- **Showing Up Differently: Creating Lasting Behavior Change**
- **Mindset & Neural Programming**
- **Making Your Body a Safe Place to Be**
- **Getting Out of Your Comfort Zone**
- **How to Make an Impact with Your Voice** (Speaking Workshop)
- **Essentials of Storytelling**
- **Weaving Ceremony into Dance**
- **In and Out of Your Flow State**
- **Nonviolent Communication**
- **Verbal Self Defense**



## ***Skills-Based Movement Classes***

Movement workshops focused on developing physical confidence, body awareness, and creative exploration. Accessible to dancers of all levels.

- **Not the Best Dance Class:** Basic footwork, choreography retention, discovering your own movement patterns
- **Guided Open Floor:** Movement prompts to spark creativity
- **Movement Fundamentals:** Strength and balance principles
- **Mindful Movement:** Repetitive sequences designed to induce flow states
- **Fitness Classes:** Barre, Animal Flow and more
- **Dancing as the Elements:** Movement inspired by nature
- **Authentic Movement:** To get comfortable being seen

## ***Emotional Support Circles***

Powerful spaces for dancers to share, reflect, and build emotional strength through storytelling, discussion, and group council.

- **Story Circle**
- **Story Mapping**
- **Maps of Wholeness**
- **Discussion Topics:** body image, bullying, imposter syndrome, aging, quitting, performance anxiety, audition anxiety, and more

## ***Dance Parties & Social Events***

Events to integrate what we learn! Focused on fun, connection, creative exploration and play.

- **Dance Café:** Casual dance with a random playlist
- **Improv Night:** Dancer-created prompts
- **CONTRIBUTION:** Dancers contribute songs to the playlist
- **Themed DJ Nights:** Specific music genre & dress code
- **Ecstatic Dance:** Musically-guided dance journey following an arc

## ***Miscellaneous & Group-Specific Workshops***

Specialized workshops designed to honor/explore a specific intention or to bring groups of people together.

- **Mother + Daughter / Parent + Child / Teachers + Students**
- **Multi-Studio Collaborations:** Bringing dancers from multiple studios together
- **Adult recess and dance games**
- **Sensual Dance for Women**
- **Swamping:** Dancing ugly on purpose!
- **Moon Rituals, Solstice Rituals**
- **Support Sessions for Teachers & Staff**
- **Hospitality in Dance Spaces:** for teachers and staff

# Interested in booking a workshop or learning more?

I also offer an anonymous survey you can send to your dancers to help identify where they need the most support, so we can tailor the experience to your community.

*Please reach out to discuss pricing, availability, and customization.*

Email: [christinasnotthebest@gmail.com](mailto:christinasnotthebest@gmail.com)

Website: [www.christinasnotthebest.com](http://www.christinasnotthebest.com)

To learn more about my 3 month program that blends everything above, check out [The Dance Circle Project](#).



Looking forward to connecting and creating something meaningful together!

