

Back by
popular demand!

M³ summer dance Workshops

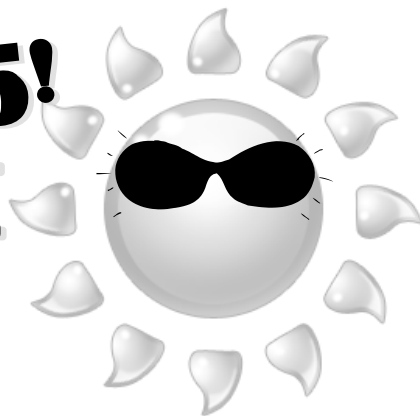
MIND - MUSCLE - MOVEMENT at *Picture Us Different* Dance Studio

Led by PUD Dance Directors Ann Terschl-Kurokawa and Lisa Terschl-Dajani

AND



SUMMER DANCE 2015! PUD STYLE



All of your favorite individual dance classes
are back for a specialized focus
this summer!

THERE IS A LOT GOING ON THIS SUMMER AT PICTURE US DIFFERENT!

We encourage all of our dancers to take our summer dance classes to continue their dance education (both technique and choreography) while school is out!

In addition to summer dance class, we offer the M3 workshop: a fun, non-competitive summer program that will engage and motivate students to see a "different" side of themselves and their dance abilities...

This week-long summer dance workshop features super fun mind - muscle - movement classes each day to help develop well-rounded, confident dancers, performers, and people... living the PUD philosophy!

The M3 workshop may be taken alone, but is best combined with the summer dance class most appropriate for your dancer!

What will my dancer get out of the M3 Workshop?

Peace of MIND

- Self-Esteem and Self-Awareness
- Nutrition & Healthy Body / Body Image
- Relaxation Techniques
- Yoga for Kids and Teens
- Time Management & Balancing Busy Schedules

Understanding of MUSCLE

- Technique & Choreography in All Styles of Dance:
 - Jazz / Hip-Hop
 - Ballet / Lyrical
 - Tap / Rhythm
 - Contemporary
- Strengthening & Lengthening
- Muscle Conditioning & Injury Prevention

Development of MOVEMENT

- Performance Skills
- Versatility of Style
- Character Interpretation & Acting through Dance
- How to Choreograph
- Audition & Interview Training
- Being a "True Entertainer" on Stage