

ACTIVITY GUIDE

Kairos Dance – Intergenerational Dance Company:

Writing/Essay/Journal

Marian Genne, the founder of Kairos Dance Theatre, speaks of the “vital engagement” that comes about in the program she developed for residents from Ebenezer Care Centers. Describe how these dance experiences promote the healing process. How can art assist in the healing process?



Activity

Monitor the effects of dance by turning yourself into a living, breathing laboratory. Dance to a favorite song and take notice of changes both physically and emotionally. “Let me see you move something!”

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