



Step into the dance with our Dance Awakening Workshops!

An energetic and joyful movement experience specially designed for our youngest dancers. Through music, rhythm and playful movements, children are invited to explore dance in a fun, welcoming and caring environment.



The joy of dancing!

Children shake, wiggle, jump and move to the sound of upbeat songs, turning physical activity into a true celebration. It is not about doing perfect steps: the goal is to discover the joy of moving and expressing themselves through dance.



Why Dance Awakening?

We believe that movement is a powerful tool for learning and development.



Active fun: Dance allows children to move and stay active while having fun.



Coordination and motor skills: Repetitive movements and short movement sequences help develop balance, coordination and body awareness



Social development: Dancing together encourages cooperation, listening and positive group interactions.



Releasing energy: A fun and structured way to channel energy and develop a positive relationship with physical activity.

Some fun Movements



Jump
Sauter



Hop
Bondir



Turn
Tourner



Shake
Secouer



Clap
Frapper des mains



Stretch
S'étirer



Balance
Se tenir en équilibre



Crawl
Ramper



Dance
Danser

Move. Express yourself. Grow. Have fun!