



PROJECT



Learning to Live with Love



PROJECT LOVE

Project Love is a community dance program designed to strengthen a community by enhancing the relationships of it's community members.

Utilizing the art of Dance and Theater we engage in a variety of movement explorations and revelations. Accessing the depth of each individual's ability to create, communicate and collaborate allows us to connect as a community and a culture on a foundational level.

Dance builds better communicators and better communicators make better community members.

Ages 8yrs +



10 Days



2 Shows



A background image showing a group of diverse children sitting in a circle on the floor, engaged in an activity. They are looking towards the center of the circle. The image is slightly faded to allow the text to be prominent.

PROJECT LOVE

PART 1

Part 1: Exploration and Examination

Project (prä,jekt) Love: to experiment with Love

The first 5 days are spent as a community getting to know one another and exploring all the different variations of love. We move through a variety of exercises in creativity, communication and collaboration in order to help us explore and understand how our emotions affect our movement, and how our movement affects our emotions.

During this week we engage our skills, tools and techniques to further our own personal development, artistry and community contribution. We move through improvisation, partnering and choreography. Learning to generate material, collaborate, create and perform. We learn to give and receive feedback and apply criticism to better our work. We learn to keep what we like and let go of what we no longer need.

These 5 days are focused on learning how to connect and create with one another. Each day we further our generosity of movement and emotions. Sharing our wisdom, imagination and perspective. This week is about each participant uncovering ownership, intention and purpose. Who are you, who are you in this group and who are you willing to be for this community?



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PART 2

Part 2: Projection and Expression

Project (prə'jekt) Love: to show and express Love

The last 5 days are spent learning how to improve and edit our choreography and how to perform at our best. 6 world renowned professional artists join the last week of our program to help collaborate and perform alongside the community members.

This week is focused on choreography and performance. 6 professional artists help the community members to enhance their creative process by providing feedback and choreographic mentorship.

They also help coach each participant in the art of performance, empowering each community member to perform their best.

These professionals are also tasked with creating 2 pieces independently of the community members. This is an opportunity for the community members to see how professional artists use the same limitations and guidelines to create. Creativity is not about youth or imagination. Creativity is all about problem solving and playing with the rules.

In these 5 days we understand how to express our stories through our highest abilities and how to clearly Project (prə'jekt) our Love.



Schedule

WEEK 1

Play, Connect, Create

Monday - Friday

1-3 hours a Day



WEEK 2

Choreograph, Rehearse, Perform

Monday - Friday

1-3 hours a Day



SHOWING

2 Performances

1 hour duration





Curriculum

Flow Kākou's 3C's Philosophy

Creativity, Communication and Collaboration are the foundational tools for human learning and development. This workshop is structured in the 3C's and layered with the physical, mental and emotional human experience.

1. We will explore creativity by engaging in various forms and techniques of dance and movement.
2. We will engage in various forms of communication through multiple partnering exercises and leadership/followership activities.
3. We will experience true collaboration by combining our wisdom to choreograph short stories that we perform for one another. We will also learn to give and receive feedback in order to help us better our art and our artwork.

Creativity:

We utilize Creativity to expand our awareness of possibility (what is possible) and perspective. Creativity is needed to unlock and define our identity. Creativity defines artistry and artistry performs personality.

Communication:

We utilize Communication to enhance connection, compassion and understanding between one another. Communication is a key tool for empathy, respect, and community. It's the bridge between respect and trust. Communication is how we connect with our community and voice our identity.

Collaboration:

We utilize Collaboration to enhance group awareness, connection and choreography. Collaboration is combining our collective wisdom to create an unexpected wealth of knowledge. Collaboration is where identity and community create culture.



Class Syllabus

Warm-Up:

Activating our physical abilities, our mental capacity and our emotional modalities.

Creativity:

Engagement of self awareness, improvisation and choice. Learning to find our intuitive voice through movement and limitation.

Communication:

Exploring the range of connection in partnering. We learn the balance of leadership and followership. And we learn to communicate verbally and non-verbally.

Collaboration:

Expanding on our ability to understand and imagine. We learn to combine our wisdom and skill to create an unexpected story of Love.

Warm-Down:

Ending our time with stretching, breath and reflection



Professional Collaborators

6 world renowned professional performers to joining our exploration of love. They add their wisdom, talent and guidance to help expand our perspective, better clarify our choreography and brighten our individual performance quality.

These professionals come from a diverse background of ethnicity, ability, identity and cultures. The diversity of our professional collaborators add depth to our program and the connections with our community members.





Outcomes

- Creative Problem Solving and Critical Thinkers
- Improvisational Intelligence
- Communication and Connection, verbal and non-verbal
- Partnering Skills and Techniques
- Collaborative, Choreographic and Composition Tools
- Performance Experience
- A Community & A Culture

Research has found that dancing can spark a better mood, more stamina, and an extra oomph of vitality. When surveyed, recreational dancers had a more positive POV and a jump in their energy levels when compared with before they began dancing. “When you begin moving, you immediately release the brain chemicals dopamine, adrenaline, and endorphins, causing a powerful and lasting effect I call ‘energized optimism,’” says Kelly McGonigal, PhD, a leading health psychologist who studies the mind-body connection, and author of *The Joy of Movement*. “The adrenaline makes you feel powerful, the dopamine generates hope, and the endorphins bring you joy. You’ve created this amazing cocktail that boosts your mood and energy, leads you to experience better social interactions, makes you more likely to progress on your goals, and lowers stress. So dancing doesn’t just make you feel great in the moment. It sets you up to be a better version of yourself.” (Jan 4, 2022, *Why Dancing Just Might Be the Best Workout That Ever Existed*, By Isabel Burton).



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