



Awaken your *Creative Spirit* with
Creative Spirit Fusion™
2021 Community Residency

~Free for All Ages~

**Expressive and Therapeutic Movement,
Rhythm, Mindfulness, Embodiment, and the Arts**

Join from the comfort of your home (or yard) via zoom!

~Weekly classes: Sept. 1st-25th for Adults

Sept. 4th - Oct. 2nd for Youth & Families

~Plus 5 All Ages Community Sessions

Registration is Required at: <https://forms.gle/YXmGSZDU16fvajMQ9>

Email: Lara Vracarich at: Creativespiritdancer@gmail.com with questions.



This project is made possible by:
***Perry County Council of the Arts, the
Pennsylvania Council on the Arts, and the
National Endowment for the Arts,
through the Arts in Education Partnership.***

This Creative Spirit Residency offers classes for ALL AGES, in Expressive & Therapeutic Dance, Drumming, Mindfulness, Embodiment Practices, the Creative Arts, Self-Care, & Circle Work.

It aims to provide an opportunity for participants to:

- ◆ Find a deeper connection within themselves, increasing sense of self.
 - ◆ Learn self-care techniques.
- ◆ Expand range of motion, physically, mentally, and emotionally.
 - ◆ Learn expressive and therapeutic outlets for emotion and stress, through the creative arts.
 - ◆ Increase self-acceptance & acceptance of others.
- ◆ Deepen sense of connection in community, tolerance of others & appreciation for diversity.
 - ◆ Develop communication, listening, & self-regulation skills.
 - ◆ Develop emotional resilience.
 - ◆ Experience healthy & fun physical exercise.

~Teens Only Sessions~

Saturdays, 1:30-2:30pm: Sept. 11th, 18th, 25th & Oct. 2nd

◆ **The Emerging Self™ ~ Expressive Arts & Self-Expression** ~ Discover & Explore new avenues of expression through the creative arts, including drumming/creative rhythm, movement/dance, writing, and the visual arts, to cultivate outlets for emotion & deepen sense of self & community connection.

**Bring a journal, plain paper, pen, & art supplies, such as: colored pencils, crayons, CrayPas, or pastels.*

◆ **Creative Rhythms:** *Hand Drumming Technique & Improv, Found Object Rhythms & Body Percussion*

~Have fun learning the basics of djembe hand-drumming technique.

~Learn the components of creating rhythms w/ clapping, snapping & stomping & on household objects (e.g. cardboard boxes, chairs, tables, metal kitchen bowls).

~Develop listening skills & body-mind connection, with call & response activities.

~Enhance the balance between the hemispheres of the brain, through alternating use of right and left hands.

◆ **Connection Sessions:** *~Opening Our Voices~ Speaking Our Truth~
~Listening with Heart & without Judgment~*

~Including sharing games like lightning rounds &/or co-creative stories or poems.~

~We are all equal in the circle & we all learn from each other.~

~Active Listening increases our capacity for Empathy, Acceptance, & Connection.

In these challenging times, we need avenues and opportunities to communicate authentically, to speak openly, & to connect with others.

♦ **Mindfulness, Self-Care & the Expressive Arts**

~Mindfulness & grounding techniques to relieve anxiety & stress.

~Inner awareness increases our ability to know what we need, to support ourselves, set boundaries & communicate authentically & effectively.

~Experience the difference between embodiment & disconnection.

**Bring a journal, plain paper, pen, & art supplies, such as: colored pencils, crayons, CrayPas, or pastels.*

~**Creative Spark™ Classes**~

~**Kids & Families**~

Saturdays, 10:30-11:30am: Sept. 4th, 11th, 18th, 25th & Oct. 2nd

Join with the whole family (All Ages Welcome!) and discover new ways to connect, communicate, play, and have fun as a family.

Have fun, healthy, physical exercise expanding physical range of motion, balancing hemispheres of the brain, gaining coordination and increasing body awareness.

♦ **Creative Spark™ Expressive Dance & Rhythm**

~Offering a full-bodied dance warm-up, followed by dance explorations and games. Dance provides outlets for excess energy and emotion, develops motor skills, coordination, and body, mind, and spirit integration.

~Dance enhances sense of self through the exploration of self-expression in fun & playful ways.

~*Interactive games will be more fun when family joins in.*

♦ **World Dance or Flamenco Dance** (depending on interest)

~Multicultural dance teaches people about diversity, heritage, and tradition. Dance and drumming are integral aspects of most cultures and connect people to themselves, to their environment, and to their community. Learning about other cultures can build understanding and an appreciation for diversity and those seen as “different”.

~Flamenco dance originated in Spain and integrates influences from multiple cultures within it. In Flamenco, the dancer is also a percussionist, creating rhythms with feet, hands, and body. Flamenco is a dance and music form of strength, emotion, and community originating in the canté, or song.

♦ **Creative Rhythms**: *Hand Drumming Technique & Improv,*

Found Object Rhythms & Body Percussion

~Have fun learning the basics of djembe hand-drumming technique.

~Learn the components of creating rhythms w/ clapping, snapping & stomping, and on household objects (e.g. cardboard boxes, chairs, tables, metal kitchen bowls).

~Develop listening skills & body-mind connection, with call & response games.

~Enhance the balance between the hemispheres of the brain, through alternating hands.

◆ **Expressive Arts, Embodiment & Mindfulness**

~Learn grounding, centering, and self-regulation techniques.

~Explore mindfulness, tuning into the breath as a focal point for calming down.

~Find the meditative, calming, & fun qualities of the creative arts,
developing self-expression.

**Bring a journal, plain paper, pen, & art supplies, such as: colored pencils, crayons, CrayPas, or pastels.*

~ **Women's Sessions** ~

**** (Classes Full. Registration Closed.) ****

Thursdays, 7:00-8:30pm, Sept. 2nd, 9th, 16th, & 23rd

- ◆ **Free Your Spirit™ Expressive Arts:** *Transformational Dance, Rhythm, Vocalization, Writing & the Visual Arts* ~<>>~ Release tensions, Release inhibitions & Free Your Spirit!
~Emotional Transmutation through the arts~

This workshop enlivens body, mind, and spirit, beginning with a journey deep into the core of the self through meditative relaxation, anchoring into the energies of the Earth Mother and reawakening into a warm-up of guided, and individually inspired, gentle stretching and movement. The journey continues through guidance and freeform movement, exploring the elements within, expanding range of motion and movement repertoire, and learning new ways of releasing tensions through embodied expression. Discover the joy and the unending potentials of self-expression in creative dance, voice, & rhythm, finding your own unique movement styles & rhythms.

**Bring a journal, plain paper, pen & art supplies, such as: colored pencils, CrayPas, crayons, pastels or paints, for integration & cultivation of insights & healing.*

- ◆ **Therapeutic Self-Care:** *Movement, Embodiment, Vocalization, & Mindfulness*

~Learn self-care movement warm-up series, designed to awaken, loosen and rejuvenate body, mind & spirit.

~Learn mindfulness and grounding techniques to relieve anxiety & stress.

~Discover the built-in resource of vocalization for stress reduction, self-healing, and emotional release.

- ◆ **Connection Sessions: Sacred Circle Work:** *~Opening Our Voices~*

~Speaking Our Truth ~Listening Deeply with Heart~

~In these challenging times, we need avenues and opportunities to communicate authentically, to share openly & to connect with others.

~Includes circle sharing & prompts to open into expressing what's going on in our hearts & minds, & how that's impacted by, & affects, our communities & world.

~Increases Capacity for Empathy, Acceptance, & Connection through Active Listening~

~We are all equal in a circle & we all learn from each other.~

♦ **Wise WoMoon Spiritual Dancing:**

~ Through guided relaxation, and guided and freeform movement and rhythm, we will gently reawaken our body, mind, and spirit. We will get in touch with our core, with the universal life force energy, with our sacred Mother Earth, and with each other, connecting through the ancient tradition of uniting in dance and rhythm. We will explore moving energy with movement, and being moved by energy, feeling the energetic channel way from the earth through our being out into infinite space and back, recharging ourselves, cleansing our energy bodies, and sending healing vibrations throughout the planet.

~**Mature Learners (Seniors)**~

Wednesday, 10:00-11:15am, Sept 1st, 8th, 15th, & 22nd

♦ **Therapeutic Self-Care:** *Movement, Embodiment, Vocalization, & Mindfulness*

~Learn self-care movement warm-ups, designed to awaken, loosen, and rejuvenate body, mind & spirit.

~Learn mindfulness & grounding techniques to relieve anxiety & stress.

~Discover the built-in resource of vocalization for stress reduction, self-healing, and emotional release.

♦ **Connection Sessions: Sacred Circle Work:** *~Opening Our Voices~*

~Speaking Our Truth ~Listening deeply with Heart~

~In these challenging times, we need avenues and opportunities to communicate authentically, to share openly, and to connect with others, now more than ever.

~Includes circle sharing & prompts to open into expressing what's going on in our hearts & minds, & how that's impacted by, & affects, our communities & world.

~Increases capacity for Empathy, Acceptance & Connection, through Active Listening.

~We are all equal in a circle & we all learn from each other. ~

♦ **Expressive Dance:**

No dance experience required. Guided warm-up to shake loose, get reconnected to body, learn new movement styles, and find your own unique movement style & rhythm.

This workshop enlivens body, mind, and spirit, beginning with a journey deep into the core of the self through meditative relaxation, and reawakening into a warm-up of guided, and individually inspired, gentle stretching and movement. The journey continues through guidance and freeform movement, exploring the elements within, expanding range of motion, learning new ways of embodied expression, and expanding movement repertoire. Discover the joy and the unending potentials of self-expression in creative/expressive dance, voice, & rhythm. Bring a journal &/or art supplies, for personal integration and cultivation of insights & healing.

♦ **Creative Rhythms:** *Hand Drumming Technique & Improvisation, Found Object Rhythm & Body Percussion*

~Have fun learning the basics of djembe hand-drumming technique.

~Learn the components of creating rhythms w/ clapping, snapping & stomping and on

household objects (eg. cardboard boxes, buckets, chairs, tables, metal kitchen bowls).

~Develop listening skills & body-mind connection, with call & response activities.

~Enhance the balance between the hemispheres of the brain, through alternating use of right and left hands.

~Community Sessions~

Wed., Sept. 15th and Sept. 29th 7-8:30pm

(Both Classes Include Both Topics)

◆ **Creative Rhythms**: *Hand Drumming Technique & Improv, Found Object Rhythms & Body Percussion*

~Have fun learning the basics of djembe hand-drumming technique: A drum isn't required, we can learn the technique on a soft bottomed bucket, table, tupperward, or a large bowl.

~Learn the components of creating rhythms w/ clapping, snapping & stomping, and on household objects (cardboard boxes, buckets, chairs, tables, metal or plastic kitchen bowls).

~Develop listening skills & body-mind connection, with call & response games.

~Enhance the balance between the hemispheres of the brain, through alternating hands.

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◆ **Connection Sessions ~ Sacred Circle work**: *~Opening Our Voices~
~Speaking Our Truth ~ Listening with our Hearts~*

~In these challenging times, we need avenues and opportunities to communicate authentically, to share openly, and to connect with others, now more than ever.

~Includes circle sharing & prompts to open into expressing what's going on in our hearts & minds, & how that's impacted by, & affects, our communities & world.

~We are all equal in a circle & we all learn from each other. ~

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◆ **Intro to Flamenco Dance & Rhythm**

Tuesdays, Sept. 21st and Sept. 28th, 7-8:15pm

~Learn about the basic origin and evolution of Flamenco Dance, the basic footwork techniques (zapatéado), clapping (palmas), hand movements (floréos), snapping (pitos), and the base rhythms (compás) for a few of the Flamenco families of songs (palos), including 4-count and 12-count rhythms.

~Learn some basic choreography for a couple of the Flamenco dances.

~Explore self-expression within the style, technique, & spirit of Flamenco.

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**Saturday, Sept. 25<sup>th</sup>, 7-8:30pm**

♦ **Transformational Dance, Vocalization, Rhythm & The Arts**

This experiential enlivens body, mind, and spirit, beginning with a journey deep into the core of the self through meditative relaxation, anchoring into the energies of the Earth Mother and reawakening into a warm-up of guided, and individually inspired, gentle stretching and movement. The journey continues through guidance and freeform movement, exploring the elements within, expanding range of motion and movement repertoire, and learning new ways of releasing tensions and embodied expression. Discover the joy and the unending potentials of self-expression in creative dance, voice, & rhythm, finding your unique movement styles and rhythms.

~We'll join together towards the end of the session to integrate and cultivate our experiences through journaling &/or visual arts, as well as, sharing reflections with each other, as inspired.

*\*Bring a journal, plain paper, pen, & art supplies, such as: colored pencils, CrayPas, crayons, pastels or paints, for integration & cultivation of insights & healing.*

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**~SIGN UP for a Full series or Individual Classes, One series or Multiple~**

**~Registration is Required as Space is Limited.~**

**Register at: <https://forms.gle/YXmGSZDU16fvajMQ9>**

**Zoom links will be sent after registration.**

**Email: [Creativespiritdancer@gmail.com](mailto:Creativespiritdancer@gmail.com) w/ questions.**

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Lara Vracarich is passionate about creating sacred and safe space for discovering the healing and joy of self-expression through dance and rhythm in community. She aims to provide a non-judgmental, supportive environment, where self-expression can be explored, self-knowledge enhanced, and inner and communal growth can occur.

She has a BA in “Human Development: Dance Therapy”, from Prescott College, with significant training at Naropa University. She has completed the Teaching Artist Certificate Program through the University of the Arts and is a Rostered Teaching Artist through Perry County Council of the Arts.

She completed the DansKinetics©/YogaRhythmics Teacher Training at Kripalu Center and the Surfing the Creative Rites of Passage, 5-Rhythms® program with Melissa Michaels in Colorado.

Lara has worked as a Creative Arts Therapist at the Renfrew Center of Philadelphia, as a TSS (Therapeutic Staff Support) for TW Ponessa and Associates in Harrisburg and offers workshops and events for all ages in transformational, expressive & multicultural dance & rhythm. She performs multicultural and expressive dance as Creative Spirit Fusion™ and flamenco dance, as Alma Fuego Flamenco™ (Soul Fire Flamenco). She founded Creative Spirit Fusion in 2000, and Alma Fuego Flamenco in 2014.

She has studied West African drum technique with Abdoul Doumbia of Mali, as well as, Ubaka Hill and Tammi Hessen. She has performed dance and drumming with Bumbada Women Drummers, Plum Dragoness and Los Sambatuqueros. She integrates her training in all these areas into her teaching.

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