



DANCING THROUGH DIVERSITY!

A dance workshop for kids ages 3 to 10

Sinha Danse offers an in-classroom interactive dance workshop for kids, with a **twist of humour** and **cultural awareness**, under the direction of Roger Sinha, choreographer, dancer and [multi-award winner](#)!

Through this workshop, the children learn **different dance styles** with **video projections**, develop their **sense of rhythm** and enjoy **creating their own choreography**. They are also introduced to notions of **cultural diversity** by getting to know themselves and the Other better.

WORKSHOP GOALS

- Explore dance as a universal language
- Discover different rhythms
- Try various dance styles
- Learn to improvise
- Develop creativity
- Increase self-expression
- Share within a group
- Value cultural diversity
- Be open to Others
- Learn dance vocabularies:
 - * Ballet, Karate
 - * Contemporary dance
 - * Bharata Natyam
 - * Hip Hop / break dance
 - * Argentine tango



Contact and information

Mariya Moneva, General Manager
info@sinhadanse.com | 514 524-7997

Sinha**DANSE**

DETAILS AND REQUIREMENTS

Ages: 3 to 10 years old
(3 to 5 accompanied)

Group size: 30 max.

Duration: 45 minutes

Location: classroom, gym,
studio, day camp, etc.

Language: French or English

Activity description:

create choreography from
dance gestures based on
day-to-day movements and
sports

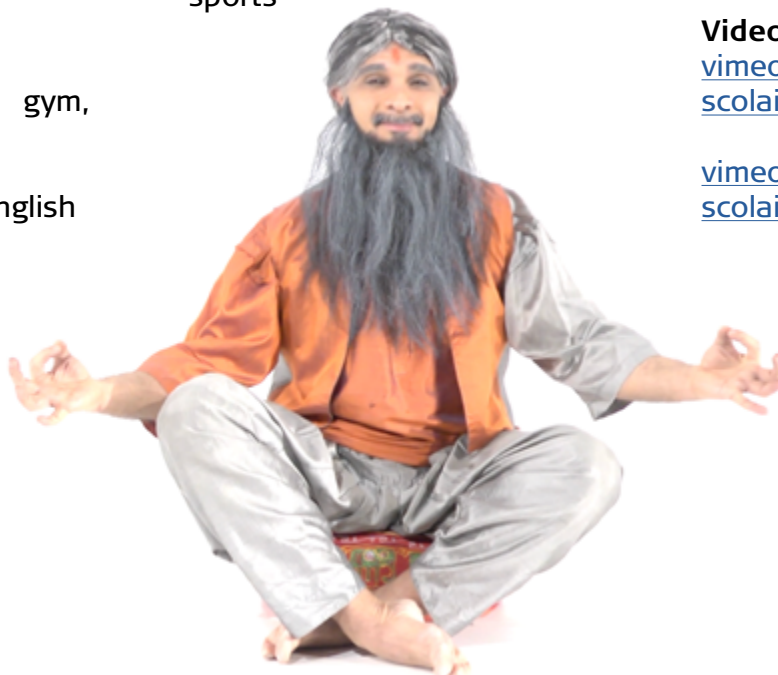
Technical requirements :

- white wall for projections
(projector included)
- sound system

Video links:

[vimeo.com/sinhadanse/
scolaire1min](https://vimeo.com/sinhadanse/scolaire1min)

[vimeo.com/sinhadanse/
scolaire4min](https://vimeo.com/sinhadanse/scolaire4min)



BIOGRAPHY

Roger Sinha, artistic director, choreographer and dancer, founded Sinha Danse in 1991. His work is unquestionably distinctive and recognized in Canada and abroad, combining **Bharata Natyam** and **martial arts** into **contemporary dance**. Rediscovering his **indian roots** through dance is what made his company what it is today!

Roger's high energy, precision and sense of humour have served over decades for teaching workshops to kids, high school students and training professional dancers.



Contact and information

Mariya Moneva, General Manager
info@sinhadanse.com | 514 524-7997

SinhaDANSE