



EXPLORING YOUR  
CREATIVITY AND VISION  
THROUGH PERFORMANCE

## PERFORMANCES AND CHOREOGRAPHY

Keomi's art expands and transforms ways of thinking and living and encourages her community to heal, create, live, and love abundantly. She is known for her strong and unapologetic movements, her transparency, and her joy.

KEOMI'S PERFORMANCES ARE CREATED TO WELCOME VULNERABILITY AND CONNECTION. SHE IS KNOWN FOR HER STRONG, LIBERATING, AND UNAPOLOGETIC MOVEMENTS, AND HER ABILITY TO EMBODY HER MESSAGE, TESTIMONY, AND VISION. HER PURPOSE IS TO USE ARTISTIC EXPRESSION AS A VEHICLE TO SELF-DISCOVERY, SELF-REFLECTION, AND SELF-HEALING.



## WHO WE ARE

Rooted in empowerment and gratitude, abunDANCE with Keomi® is an organization using movement and connection promote creativity, connection and abundance.

Offering a space to connect with our SELF through self-awareness, self-esteem and self-expression

"SIMPLE AMAZING! I HAD ALL THE FEELS! KEOMI REMINDS US HOW SELF LOVE AND HEALING COME HAND IN HAND."  
- LAYLA, NURSE

"BEAUTIFUL MOVEMENT, BEAUTIFUL MESSAGE!"  
- REBECCA, LAYWER

"THIS MADE ME FEEL LIKE I WAS WATCHING AN ARTIST WITH SOMETHING TO SAY. THAT HAS VISION AND IS NOT WORRIED ABOUT KEEPING UP WITH TRENDS BUT DEFINING THEIR OWN WAY."  
- KENDRICK, PERFORMER

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## WHAT WE DO

### SELF-AWARENESS HONOR THE BODY

Connecting with our bodies and our thoughts allows us to navigate our relationship with ourselves from the inside and out.

### SELF-ESTEEM EXPLORE BELIEFS

Using movement and choreography as a tool to expansion. Exploring our experience of ourselves as we build and learn something new.

### SELF-EXPRESSION CELEBRATE

Using choreography as a vehicle to self-expression. We allow ourselves to experience confidence through freedom and celebrate everything that shows up.

