



**THESE HIGH IMPACT MOVEMENT SESSIONS FOCUS ON CREATIVE WAYS TO ACCESS OUR JOY AND CONNECTION WITH OUR BODIES. FROM FITNESS, DANCE FITNESS TO DANCE TECHNIQUE AND CHOREOGRAPHY CLASSES, WE PROVIDE A VARIETY OF OPPORTUNITIES TO USE SELF-EXPRESSION TO ACCESS CONFIDENCE, CLARITY AND CELEBRATION. INCLUDES HIP-HOP, TWERKOUT, CREATIVE DANCE AND OTHER ART FORMS**



**LET YOUR ABUNDANCE  
MOVE YOU**

# **MOVING WITH ABUNDANCE**

We use movement to celebrate ourselves. Be ready leave our sessions with a heightened awareness of their body, and feeling powerful and decisive.



## 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

"GREAT INSTRUCTOR,  
GREAT ENERGY,  
I ALWAYS LEAVE  
FEELING ABUNDANCE  
AND APPRECIATION FOR  
MYSELF."

- LAYLA, NURSE

"BE READY FOR SWEAT  
AND FREEDOM"

- REBECCA, LAYWER

"IF YOU HAVEN'T  
DANCED WITH KEOMI,  
SIGN UP IMMEDIATELY.  
HER GENIUS IS  
DISTINCTIVE AND  
UNFORGETTABLE"

- ANDREA, SOCIAL WORKER

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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.

