



ACKNOWLEDGING ALL
THE GOOD ALREADY
WITHIN

THE ABUNDANCE WITHIN

This workshop uses movement, fellowship and connection as a vehicle to self-discovery and self-expression. Through open dialogue and movement, we practice self-discovery,

EXPLORE CREATIVE WAYS TO CONNECT WITH AND CELEBRATE YOUR PERSONAL ABUNDANCE WITHIN YOU. USING THE ABUNDANCE WITH KEOMI 3 PILLARS TO SELF-DISCOVERY, SELF-AWARENESS, SELF-ESTEEM AND SELF-AWARENESS, WE USING CHOREOGRAPHY AND GROUNDING EXERCISES AS A VEHICLE TO EXPLORE OUR EXPERIENCES IN OUR BODIES, IN OUR MINDSETS, AND OUR 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

"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.

