DANCE & MOVEMENT WORKSHOPS

Movement of the People
OUR MISSION

We use dance as a tool to inspire, heal, and build communities for populations who might not otherwise have access to movement programs. ETD Outreach is mobile; meeting those in need of outreach services at the locations where those in need are.

OUR NUMBERS

17 WORKSHOPS PER WEEK
68 AVERAGE WEEKLY PARTICIPANTS
100% PILOT PROGRAM SUCCESS
The Workshops

We offer three main workshops, but often fine-tune and tailor them to meet the specific needs of each client's population.

**MOVEMENT EXPRESSION**

The focus of the exercises are to improve self-expression and by doing so, relieve stress & develop coping skills.

**STRENGTH & CONDITIONING**

Physical fitness oriented workshop that focuses on creating strong bodies.

**DANCEHALL**

Jamaican-based hip-hop workshop, learn to work the dance floor and just have fun!
Movement Expression

Why it works:

- WORKS THE WHOLE BODY: PHYSICAL & MENTAL
- EASY GOALS FOR BEGINNERS
- RELIEVES STRESS
- DEVELOPS COPING SKILLS

This style of workshop has been proven to garner the most attendance within supportive housing as well as the greatest resonance with participants.

The focus of the exercises are to improve self-expression and the movements are tailored to non-dancers. This allows them to become aware of their own physical strength and creativity.
GEARED FOR FITNESS

STRENGTH & CONDITIONING

Physical fitness oriented workshop that focuses on creating strong bodies. The workshops includes routines that utilize bodyweight, basic fitness equipment, as well as integrating practices of yoga and pilates.
FITNESS IN SUPPORTIVE HOUSING IS CRUCIAL

Integrating physical health along with behavioral health is an opportunity to help your residents gain a sense of full body and mind empowerment
BUT WHY USE DANCE?

According to the New York Times...
"The cognitive demands of dancing, especially social dance, engages the brain for much longer, resulting in a significant slowing of brain matter degeneration."

Walk, Stretch or Dance? Dancing May Be Best for the Brain
By Gretchen Reynolds, NYT, 2017
ETD OUTREACH

OUR GOALS

01 CONNECTION
Mind | Body | Spirit
Create a stronger connection between the mind, body, and spirit. We need to strengthen this relationship in our bodies in order to function efficiently society.

02 RELATIONSHIPS
A better environment
Our workshops work to improve the relationships between residents, as well as strengthen the bond between the residents and the faculty.

03 INDEPENDENCE
Skills & Motivation
Impart the participants with lasting skills such as stress management and emotional coping skills, often resulting in individual confidence.

04 EXPAND
Set the standard
ETD Outreach wants to expand to reach even more residents in New York City as well as the rest of the world. Help us bring a new standard to health in supportive housing & beyond!
2017 PROGRAMS & SPONSORS

NYU Langone
Perlmutter Center for Cancer

Acacia Network
Seven residence sites

Lantern
One site & Project Mobilize

PCMH
Seven residence sites

Odyssey House*
Where recovery lives
Two residence sites

CUCS
Two residence sites
DANCE HEALS

MOVEMENT OF THE PEOPLE • ETD OUTREACH

WWW.ETDOUTREACH.ORG