

IDENTIFYING AND COMBATING RACISM:

Tools to Fortify Your Mind, Body & Spirit



DANCESTORS: MOVEMENT FOR ALL

FOR: All lesbians and transgender women

WHEN: Wednesdays, July 15, 22, 29, August 5, 12, 19, 2020 from 12:30 pm to 2 pm

COURSE OUTLINE

WEEK 1: AWAKEN AND RELEASE

FLOW

- Energy work
- Release unwanted emotions
- Loosen joints relax muscles

WEEK 2: AWAKEN AND RELEASE

CHANGE YOUR MIND

- Visualization
- Improvisation
- Breath work

WEEK 3: RELATE

BROADEN YOUR PERSPECTIVE

- Breath work
- Visualization
- Non-verbal/verbal movement

WEEK 4: ACCEPT AND CLEANSE

HEART WORK

- Shake it out
- Meditation
- Dimension and dynamic
- Movement

WEEK 5: OPEN TO POSSIBILITIES

YOUR GIFTS

- Visualization
- Breath work
- Happy dance

WEEK 6: SET INTENTIONS

BE INTENTIONAL

- Gratitude work
- Release unwanted emotions
- Set



Kim Gadlin has been with the Pomona College Theatre and Dance Department for the past 17 years and is a new faculty member at The California Polytechnic University, Pomona (Cal Poly Pomona) in the Theatre and New Dance Department. She has danced with the Philadelphia Dance Company (Philadanco!), The Joseph Holmes Dance Theatre of Chicago and was an Alvin Ailey Merit Scholarship Recipient. Her training in dance streams from several modern dance techniques including, Dunham, Graham and Horton of which she also teaches. In addition, she studied African Brazilian and Cuban Dance, Ballet and West African dance forms.

She has worked with many renowned artistic directors, teachers and choreographers such as Mr. Ailey, Joan Myers Brown, Joseph Holmes, Milton Myers, Talley Beatty, Denise Jefferson, Karla Maxwell, Harriet Ross, Randy Duncan, Joel Hall and Tommy Gomez. She is currently the co-founder of DAncestors the Dance Collective, and the director of dance for the Inland Conservatory for the Performing Arts in Ontario, California. Kim is the former Acting Assistant Dean with the Office of Black Student Affairs (OBSA) at the Claremont Colleges where she co-created ASHE' The Dance Collective.

She holds a Masters in K-12 Administration with an emphasis in Dance Education from Claremont Graduate University and Bachelors in Dance from Pitzer College. She is interested in pursuing a certification in Dance Movement Therapy after completing the PhD.

Kim is all but her dissertation (ABD) and research focuses on how dance departments and programs in the United States prepare dance majors for life post-graduation, the history of higher education and the history of dance in higher education. She is the co-founder of DAncestors, which is a platform that allows her to host retreats, create workshops and conferences that focus on helping people find the joy of moving and being in their bodies.