

MARCH NEWS

Student Choreography Showcase | 18th Annual Dance Works Fundraiser Showcase | Guest Instructors

Pod & virtual classes thrive

The pandemic caused great loss, grief, discomfort and plenty of stress, but it didn't stop us. We found new ways to be together in the studio socially distantly, virtually, outdoors and via private pods classes, custom designed for each unique set of circumstances (Boyz Hip Hop and Creative Musical Theater Dance to name a few). This variety of options served families well during the pandemic in consideration of all levels of comfort with instruction.

The benefits of dance and the power to heal

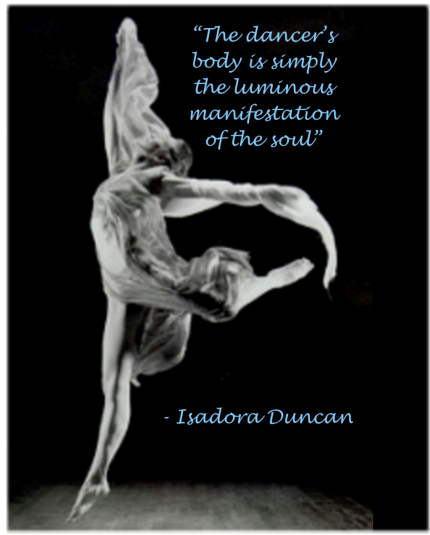
Together we have worked as a Dance Family and community to lift one another up and to provide a source of great mind-body therapy to escape from all the challenges we have faced in our community, nation and world. It is important to note that there are so many benefits of dance



"Piece by Piece", Choreographed by Wendy Wood Barletta performed March 19th & 20th at the Dance Works Fundraiser Showcase.
Dwayne A. Taylor Photography.

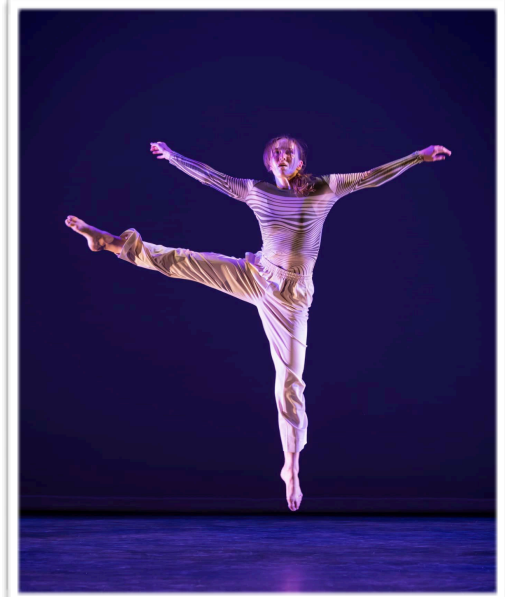
Dance Works Hosts the 18th Annual Dance Works Fundraiser Showcase

The 18th annual Dance Works Fundraiser Showcase (DWFS) was held March 19th-20th at the Massey Theater, Wallace Performing Arts Center at Greenwich Academy, with Special Guest Artist and former Pilobolus dancer, Casey Howes headlining this production. Proceeds benefitted The Foundation for Women's Cancer and The Joe Torre Safe At Home Foundation, raising over \$7,400. In addition to the Dance Works studios in Harrison, Rye Brook, Tarrytown and satellite locations, we invited other local studio performing companies to join us including Breaking Ground Dance Center, Dance NYAAD, Deirdre O'Mara School



of Irish Dance and Magical Movements. It's wonderful to see how we can all work together in a non-competitive way to help drive change and to help save lives.

Casey Howes' dances in her international premier of *"Everything Borrowed"* an intriguing and captivating modern dance piece.
Dwayne A. Taylor



for the body and the mind. Benefits of dance include increased:

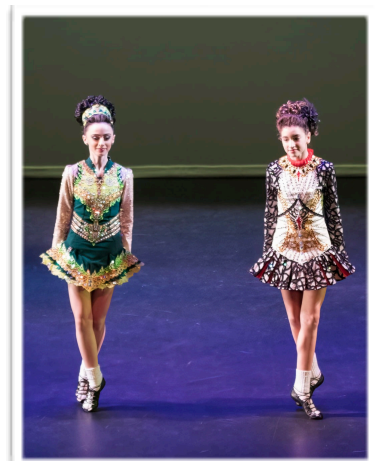
- musculoskeletal health with greater tone, flexibility, strength and balance.
- endurance, aerobic fitness and cardiovascular health
- motor fitness, coordination and grace.
- physical and mental refreshment and relaxation
- Psychological well being and emotional strength
- self-esteem, body image, focus, discipline and communications
- creativity, expression and intellectual capacity.

Come dance with us this Spring!



Dance Works Student Choreography Showcase was held Sunday, January 23rd at the Whippoorwill Theater in Armonk, and raised funds for The Valerie Fund, for children with cancer and blood disorders.

Below: Senior Lauren Homem choreographed and performed her heartwarming piece, *"If You Love Her"*



Above: (L-R) Isabel Netrosio and Jackie McLoughlin choreographed and performed their entertaining and audience clapping *"Let's Get Reel"*.