



L.E.A.P. Into Summer

DANCE WORKSHOP SERIES

Liturgical Dance • Creative Movement • Growth • Confidence
Hosted by L.E.A.P. (Live, Express, And Persevere)



L.E.A.P. is a faith-based dance company that creates uplifting spaces for healing, confidence, and self-expression through movement. Our mission is to empower people of all ages to celebrate life and persevere through their journey—one step at a time.

Our Workshop Philosophy: **L.E.A.P.**

- **LEARN** new skills through guided movement & dance techniques
- **EMPOWER** your voice and body with confidence
- **AFFIRM** your faith, identity, and personal growth
- **PERFORM** with joy, creativity, and purpose

 Each workshop includes guided journaling to promote self-reflection, build emotional resilience, and support social-emotional learning in a creative, safe space!

Upcoming Classes!

Location:

Northwest Branch Dayton Metro Library
2410 Philadelphia Dr, Dayton, OH
L. E. A. P. Phone: 937-234-7338
www.freetoleap.com



REGISTER HERE!