



SHARE new mexico™

SEED (Self-esteem, Empowerment and Education through Dance)

SEED (Self-esteem, Empowerment and Education through Dance) This is a year-long program that takes each young woman through all levels of tribal dance and performance while utilizing a journal, talking circles, special guests and reading materials to address body image, self-esteem, financial independence and many other crucial issues that face young women today. Follows the academic school year (September through May). Ages 13-18. Little SEED Formatted very similarly to our Beginning tribal classes, Little Seeds is for girls age 10 to 13 and focuses on rhythm and dance while gently and lovingly addressing the issue of body image that faces young women. Follows the academic school year (September through May). Ages 10-12. SEEDlings This fabulous class focuses on the importance of rhythm, cooperation and coordination, using tribal belly dance. Follows the academic school year (September through May). Ages 6-9.

Arts, Life Skills, Career Exploration.

Details

Ages: Children and Youth Teen Adults

Services

Arts & Culture Schools (K-12) Educational Programs

Locations

*535 Cerrillos Road
Santa Fe, NM 87501*

Phone: (505) 501-2142

Geographic Area Served: Santa Fe County

Parent Organization

Pomegranate Studios

Pomegranate Studios provides high quality programs of the rich artistic heritage of the Middle East as expressed through music, dance, poetry, visual arts and other art forms as they relate to American culture.

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