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## **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.

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### **Details**

**Ages:** Children and Youth Teen Adults

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### **Services**

Arts & Culture Schools (K-12) Educational Programs

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### **Locations**

*535 Cerrillos Road  
Santa Fe, NM 87501*

**Phone:** (505) 501-2142

**Geographic Area Served:** Santa Fe County

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### **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.

*535 Cerrillos Rd  
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<http://www.pomegranatestudio.org>