

Bring on the Dance

Living Arts Collective creates an inclusive space for individuals to move freely and express themselves creatively. Through our Embodied Movement workshops, participants experience the euphoria of music, rhythm, and connection with themselves, others, and their environment.

Music, Movement, & Connection

Embodied movement is a type of mindful movement. Our workshops guide participants in connecting their movements with curated music and their internal source of creativity.

We help make space for creativity and play through conscious movement, aligning mind, body, and spirit.

Inclusion

Embodied Movement workshops are inclusive of all ages, physical bodies, cultural backgrounds, identities, and dance abilities. We strive to create a space that is welcoming to all.



Healthy Aging

Creative dance promotes integrated mobilization of physical, cognitive, and social skills. Studies have shown that older adults who dance regularly have greater flexibility, postural stability, balance, physical reaction time, and cognitive performance than older adults who do not.

Aesthetic forms of expression, like improvisational dance, build passion and can contribute to older adults' physical, intellectual, and social development.

Hwang, P. W., & Braun, K. L. (2015). The Effectiveness of Dance Interventions to Improve Older Adults' Health: A Systematic Literature Review. *Alternative therapies in health and medicine*, 21(5), 64–70.

About Living Arts Collective

Living Arts Collective (LAC) is a collective of artists based in Durham NC. Since 2015, we have been dedicated to creating more fulfilling ways of community engagement, while supporting local artists and the creatively ambitious, by offering opportunities for arts, culture, celebrations, and wellness practices for all.



Book Living Arts Collective

Each workshop is customized based on the group and scale of the event being hosted.

We partner for:

- Music Festivals
- Parties & Special Occasions
- Community Events
- Corporate Events
- School & Educational Events

Contact us to schedule a consultation and receive a free quote for your event.



Testimonials

"This is an amazing community hub where people are welcome to come and be themselves without fear of judgment or discrimination. I've found the events they host truly liberating, nourishing the deepest part of my being."

Brian Ferrell, Event Attendee

"The most wonderful dance and movement spaces! Always fun and energetic and uplifting!"

Coin Paige, Event Attendee



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