

CRE8 DANCE



EDUCATION
AND
SUPPORT
PROGRAM
2019/2020



WHAT IS

CRE8DANCE?

Cre8dance is a dance and mindful health project of Heartspace International - with a focus on well-being.

We also offer exclusive opportunities for creative development to build deeper expertise that showcase the talent of dancers, organisations, staff, students and clients.

MISSION & VISION

To be a channel and connection for authentic, accessible dance experiences that allows dancers to take their art and creative process to a new level: physically, digitally, globally.

#BETHEMOVEMENT

We believe in empowering creativity; inspiring others to be their own movement. And that by being in the moment, we can unleash some of our greatest power.

It's not just about movement, it's about what it does for you - transforming your mind and state.

The idea is that you can do the movement in the same ways as the dancers, or you can own it and #bethemovement.

This might mean choosing your own song to move to.

This program is about reflecting on your process and movement - so you can take your dance, to the next level.

The truth is movement can also be a form of mindfulness, and we encourage workers to invest in using it accordingly - to encourage creative flow. And enhance emotional literacy.

Encouraging a practice of mindfulness has been shown to result in restructuring of the brain, and an increased ability to self-regulate, when practiced regularly.

It might be that music forms the basis of a daily practice, while dance can be a personal or group activity. Dance has been shown to also improve cognitive capability and can result in improved academic performance.

WHAT CRE8DANCE PACKAGES ARE AVAILABLE?

CRE8DANCE CONTENT MASTERY

Option 1: Cre8dance Digital Package - Content Mastery - \$1,250 AUD (for a class of 25 that's \$50 per person, per term. Can be used for more than one class).

Receive 8 weeks of Cre8dance Choreography with Warm Up, Cool Down and Choreography delivered through the online portal. Use these to enhance curriculum and student experience and add an interactive element to lessons.

+ Includes digital lesson on the top 5 things you need to know about creating a digital presence (for schools and students).

Option 2: Cre8dance Digital Competitor - Get the Edge - \$1,750 AUD (for a class of 25 that's \$70 per person, per term. Can be used for more than one class).

+ Access exclusive content and entry into Cre8dance Online Champions Competition for a Virtual Dance Battle (May 2020).

+ Opportunity to be featured on cre8danceinternational.com or heartspacetv.com

+ Cre8dance Digital Content Package (full Digital Content - as above).

**ALL PACKAGES COME WITH BONUS
DOWNLOADABLE MINDFUL MOVEMENT
JOURNALS FOR STUDENTS!**

TOTAL CREATIVE MASTERY

Option 3: Cre8dance Dancer Development showcases abilities and adds incredible value to portfolios and digital dance presence. We capacity build with staff to create high quality productions into the future. Costs may vary based on location.

Package includes: Full Cre8dance Digital Content and Digital Competitor Package

- + filming sessions with students (to be organised with availability of crew) to document your creative dance process and how you have chosen to Cre8dance
- + lessons in building digital presence, social media, and understanding contracts
- + filming of showcase performance with your school's creative team
- + 5-10 minute promotional video documenting dance in your school - made available for schools and students to upload to their platform of choice and share as part of their online profile

Opportunity to be featured on cre8danceinternational.com or heartspacetv.com

Cre8dance Digital Content Package (full Digital Content - as above).

(Price depends on school, number of participants and how much time is dedicated to each activity - average rate is \$15k)



#BETHEMOVEMENT

BEING PRESENT IN
MOVEMENT IS MORE
THAN DANCE - IT IS
ENERGY ITSELF - ALIVE
WITH EVERY
POSSIBILITY

Katherine Flynn,
Founder

Jordan Tamati in
Flow for Cre8dance





IS A PROJECT OF



**CONTACT NOW TO SECURE A SCHOOL OR
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