

Strength of a Woman Dance Workshop By UGTS and ISPARC

What is it?

An outreach and dance workshop for connection and healing run by First Nations dancers and UGTS. It aims to introduce, reunite or connect young women healing from domestic violence with their culture in a contemporary, affirming, creative way. This is a First Nations run workshop that is a part of the Healing Movements Program by UGTS.



About Powwow Dancing

PowWow dancing is a powerful and beautiful expression of Indigenous Spirituality, history and culture and is not only a performance but a way of passing on important knowledge about persons and culture. The term “powwow” is a North Eastern Woodland word belonging to the Narragansett Language. The closest English translation is “meeting”. The modern day powwow evolved from the Grass Dance Societies that formed in the early 19th Century. The Grass Dance Societies were a time and place for the warriors to re-enact deeds for all the members of the Tribe to witness. Many ceremonies and customs were outlawed during the reservation period and The Grass Dance, being more social, was one of the only events allowed. Because of this, many Tribes were pushed together and so it became clear and necessary to transfer the traditions of the Grass Dance between Tribes. “Inter-Tribalism” began to emerge with the sharing of songs, dances, clothing, food and art. Today PowWow dancing is practiced by men, women and children across North America.



let's dance

Dancing is for Everyone!

Whether you've been dancing all your life or are yet to try it out, dancing is for all! Moving your body to rhythm and music can be extremely healing and powerful. No prior experience is needed to begin dancing, only an open mind and a drum beat!

Location: Outdoor venue
Date: TBC
TIME: 11:00AM-2:00PM



DANCE WORKSHOP SCHEDULE

Time	Activity
11:00am-11:15am	Welcome, acknowledgement of country, smudging or ceremony
11:15am-11:30am	Introduction to day, individual introductions and welcomes
11:30am-12:00pm	Physical health talk - benefits of physical activity, stretching, dance etc. Cultural history and significance of powwow dance.
12:00pm-12:45pm	Warm up and dance class
12:45pm-1:00pm	Cool down and stretch
1:00pm-2:00pm	Food and refreshments, time to ask questions, connect with one another, give feedback, reflect etc.

Resources Required:

- * Venue with space for dancing (can be indoor or outdoor)
- * Food and drinks for after class
- * Paper or reusable cups, plates and utensils.

Personnel:

- * ISPARC Powwow Dance teachers
- * UGTS Staff

ESTIMATED BUDGET (ASSUMING 20 PARTICIPANTS ATTENDING)

Participants: \$500 (\$25 pp x 20)
 Food and drinks: \$200 (\$10 pp x 20)
 Paper cups, plates etc: \$40
 Venue: \$180 for 3 hours
 ISPARC fitness leaders: \$400
 Budget for extra expenses: \$100
 Administrations: \$140.20

Total: \$1560.20