

Thursday, April 17, 2025

CF: Community Footprints

Company: Ballaro Dance

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Compensation: Free Movement Sessions supported in full by Cystic Fibrosis Foundation: Impact Grant

CF: Community Footprints

Healing Movement, Community Building, & Performance Opportunity
April-June of 2025 | Virtually on Zoom

CF: Community Footprints is an opportunity for members of the Cystic Fibrosis community funded in full by an Impact Grant from the Cystic Fibrosis Foundation. The project focus on building community through weekly, virtual sessions including facilitated movement activities, writing and reflection, conversation, and the development of both abstract and literal gestures and movement phrases. The project culminates in a collaborative dance piece made by the session participants.

CF: Community Footprints is an exchange of stories and personal histories tailored for the CF community (both people living with Cystic Fibrosis as well as an invitation to their personal support networks) based off of the existing *Community Imprints* project facilitated by Founding Artistic Director of NYC-based Ballaro Dance, Marisa f. Ballaro. No previous movement or dance training is needed to participate - just a willingness to explore movement and storytelling with others.

The creative movement sessions are rooted in sensory awareness; participants will look inward while reflecting on their own personal experiences. The project aims to promote healing, both individual and community, through a reflection of scars, including both physical scars that live on our bodies permanently or those that may be internal or hidden living within us.

Each Zoom session begins with a movement warm-up; the participants will explore improvisational activities centered on storytelling, personal memories, and movement gestures. The participants will be guided to create their own mini-dance about a personal story or memory of their choosing. Each participant will contribute to the development of a large group movement exploration. Participants will be invited to attend a culminating event in Brooklyn, NY on Wednesday, June 11 where they can perform the created movement pieces in an outdoor celebration. Participants will also be invited to contribute to a video montage if unable to attend the event.

There are multiple six-week Zoom sessions available:

Tuesdays, April 22 - May 27: 6:30pm-7:30pm EST

Tuesdays, April 22 - May 27: 7:45pm-8:45pm EST

Wednesdays, April 23 - May 28: 4:30pm-5:30pm EST

Wednesdays, April 23 - May 28: 5:45pm-6:45pm EST

Wednesdays, April 23 - May 28: 7:00pm-8:00pm EST

The program schedule is flexible: other availability can be scheduled as desired. Reach out to share@ballarodance.com to plan a schedule or for more information. Registration is ongoing throughout the program duration; fill out an [INTEREST FORM](#) to connect about this opportunity & read more about *Community Footprints* [HERE!](#)

Ballaro Dance

<https://www.ballarodance.com/cf-community-footprints/>

For more information:

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