



WANJIRU KAMUYU

Artistic Director and Choreographer

WORKSHOPS AND CREATIONS



Dance Intensive for female dancers MUDA Africa (Tanzania) photo © Ari Snow

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Dance intensive for female dancers, MUDA Africa (Tanzania) photo © Ari Snow

Contemporary Dance Technique

Master classes are designed to provide **the pre-professional and professional** a solid dance training experience that deepens technical and artistic sensibilities. In a safe and supportive space the dancer is encouraged to question, explore self-expression, experiment with their relationship to dance and space all while, with confidence, taking creative risks.

The movement experience cultivates an intelligent and conscious mind/body awareness, with a strong emphasis on the dancer's efficient use of effort, energy flow and imagination.

Set to live or recorded contemporary music, the class naturally unfolds, blending structured exercises with moments of exploration and improvisation — focusing on breath, gravity, release, weight shifting, flexibility, strengthening, stamina, endurance, spinal and pelvic mobility, in preparation for challenging yet fun choreographic sequences.

The contemporary movement vocabulary draws from the rich techniques, methodologies and traditions of modern (Horton, Dunham), release, ballet, Africanist aesthetics, Butoh and yoga, woven together creating the unique immersive WKcollective movement experience. **Adapted/tailored for the amateur dance enthusiast. Ages 14+*



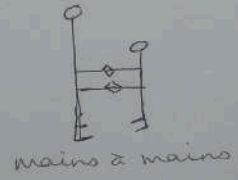
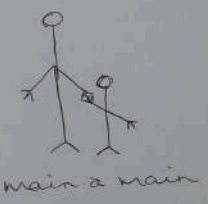
La grosse casserole photo © Nour Laksiri CCN Nantes (France)

Composition / Choreography Workshops, thought discourse and critical thinking, the artists will begin to develop and/or deepen a personal creative research based process, which then will be translated into theme, movement and structure. The artists will create short solos and/or group works. Through the use of different modalities (theater, visual arts, music and writing) and guided improvisation, the dance makers rigorously pursue their personal movement poetics. They will also serve in the role of the viewer. They will develop critical analytical skills and be challenged to effectively and constructively articulate their analysis of a presented work. Alongside, the artists will also be guided to develop written artistic and project statements.

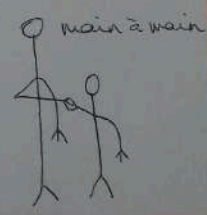
**Adapted/tailored for amateur dance enthusiasts. Ages 15+*

Improvisation Workshops are where curiosity, creativity and courage come together to transform movement into a shared language. All while creating impromptu dance events, this fun and immersive workshop invites participants to trust their movement instincts while developing a keen awareness and sensitivity of self, the collective group, and space within and around them. Everyday movements become a rich source of inspiration, which are explored through guided games and exercises drawn from various modalities such as theatre, visual arts, writing, and music. These playful investigations form the core foundation of the workshop experience, opening space for each participant to discover and cultivate their individual voices not only as artists but also as critical thinkers, problem-solvers, and leaders. In this workshop exploration, individual and collective expression, and joy intertwine, transforming movement into an experience that is at once personal, communal and transformative. **Adapted/tailored for amateur dance enthusiasts, pre-professionals and professionals. Ages 8+*

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Parent child workshops, ONDE Théâtre Centre d'Arts (Vélizy, France) photo © Wanjiru Kamuyu



Dance intensive for female dancers, MUDA Africa (Tanzania) photo © Ari Snow

Somatic Workshops offer a welcoming space for **aspiring and professional dancers** as well as the **amateur dance enthusiasts** to explore a range of techniques, approaches, methods, and philosophies to care for their body, mind, and spirit. Supporting the longevity of a sustained career in dance and encouraging a healthy lifestyle for all, the primary focus of the workshops is on injury prevention, rehabilitation and maintaining a strong, balanced and positive physical and mental state of being. Movement thus becomes more than just a practice - it is a path toward well-being, balance and self-discovery, where every gesture is a both intentional and liberating. **All levels, ages 15 +*

Yoga Workshops are offered in a fun and relaxed environment inviting participants into an intentional space where the rich tapestry of yoga asanas (postures) are explored in harmony and fluidity with one's breath (pranayama). Infused with creativity and curiosity, each dynamic sequence becomes a journey — awakening the body, clarifying the mind, and nourishing the spirit. Each workshop is enveloped in yin energy — soothing, lunar, receptive — that blends seamlessly with the radiant warmth of yang — fiery, vibrant, alive. Guided with enthusiasm and thoughtfulness, every class is grounded in celebration, gratitude and respect. Here, limitations are honored as gateways to deeper awareness, and each participant is gently encouraged to step beyond the familiar, embracing exploration, courage, and the quiet magic of possibility. **All levels. Ages 13+*

Community Sing and Movement Circles are gathering spaces to commune, heal, rejoice and reflect collectively through the power of song and movement. The spaces invite an invocation of the human spirit in celebration and upliftment. Drawing upon African and African American traditions of song and movement as vectors of liberation, participants are invited to sing and move all while engaging in the discovery and rediscovery of our communal points of connection. Each person contributes their unique energy, movement and voice, weaving individual expression into a collective rhythm all while embracing the beauty of diversity as a source of communal strength and vitality. **No prior movement or singing experience is required. A body, a voice an open and willing spirit is all that one needs to bring to the circle.** **Ages 8 +*

Community Engagement Performance Projects are gathering spaces where participants commune, heal, rejoice, and reflect collectively through the power of movement, song, and shared stories. Facilitated through a collaborative approach, choreographer Wanjiru Kamuyu and team, together with local participants, create a dance work that reflects each community's unique past and present stories of pride, struggle, and social concern. Inspiration and ideas generated from a series of workshops culminate in community performances at designated local theaters, community centers, gardens, neighborhood streets, museum and/or galleries. The projects birth spaces where movement becomes a shared language, storytelling a bridge, and performance a celebration of collective and individual identities and creativity. **Ages 8 and up*





Dance intensive female dancers, MUDA Africa (Tanzania) photo © Ari Snow

Entrepreneurial Workshop : Taking the “A” Train & the RER E

This workshop serves as a reflective talk-back for the **pre-professional and emerging professional dancer**. It offers suggested tools, insights, and guidance to help one navigate the challenges and rewards of a career in dance. Through the lens of choreographer Wanjiru Kamuyu – performer, dance maker, and teacher with over two decades of experience in North America (New York City), Europe (France), Africa (Tanzania, Rwanda, Burundi, Mali...) – participants are invited to explore the practical and artistic facets of the profession.

Discussions span self-marketing, audition preparation, accessible artist social programs and services, international work opportunities, alternative income streams, union and agent guidance, financial planning including student loans, retirement, and taxes, as well as questions and topics brought by the participants themselves.

The goal is to stimulate, inspire, and empower the dancers to prepare thoughtfully and strategically for a successful career in the performing arts. Each workshop concludes with a dynamic question and answer session, creating space for dialogue, reflection, and personal insight. **Ages 16 +*



La grosse casserole photo © Nour Laksiri CCN Nantes (France)

**For additional information please contact choreographer Wanjiru Kamuyu
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