



# WORKSHOP OFFERINGS FOR ORGANIZATIONS

SINGLE & MULTI SESSION OPTIONS



*Sydnie L. Mosley Dances.*  
Feel human through dance.

# SLMDANCES

---

Sydney L. Mosley Dances (SLMDances) is a New York City-based dance-theater collective that works in communities to organize for gender and racial justice through experiential dance performance and education. SLMDances' works engage audiences in the artistic process; our dances provoke a visceral reaction to the physicality on stage and incite conversation toward community action.

SLMDances offers workshops that center the wisdom of Black women, promote wellness, and move anti-racist dialogues into embodied practices. For all workshops, participants should be prepared to move, engage in discussion, and have a writing utensil and a journal nearby for reflection. Offerings are designed for movers of all skill levels; no formal dance experience necessary. We have also adapted these workshop modules to take place digitally, allowing us to continue to facilitate creative spaces amidst a time of global transformation.



# SLMDANCES WORKSHOPS

---

## SINGLE SESSION

### **Considering Rest**

SLMDances will invite questions and conversations about navigating burnout, wellness, and practicing rest. This workshop includes movement and meditation practices and is based on writings by Artistic Director Sydnie L. Mosley featured in Dance Magazine and Essence Magazine. 90 min.

### **Discovering our Future Bodies: Movement Making for the Liberation of Black Women**

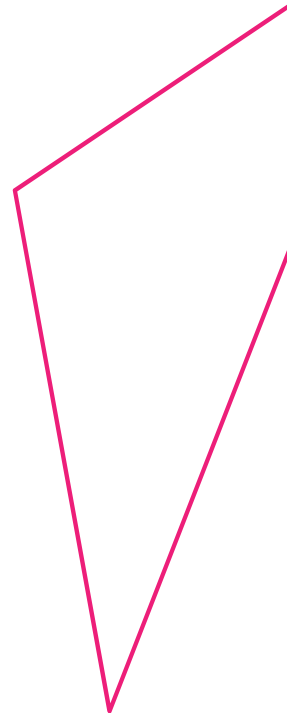
This workshop will interrogate respectability politics for Black women through an interactive talk, story circles and engagement with SLMDances' collaboratively-devised dance work, CAKE. Through the exploration of Black women's physicality, participants will call forth practices and technologies we use for survival, regeneration, and the reclaiming of our bodily agency as a means of resistance and rejuvenation. Participants should feel comfortable sharing stories about coming into your own body. 2 hours.

### **Writing Partner**

This workshop offers tools to integrate writing and movement as ritual creative practices, supported by the roadmap Ntozake Shange left us through her writings on dance. Participants will explore ways to write creatively about themselves in a compelling and understandable way. 90 min.

### **Match.org: Strategies/Investigations in Organizational Collaboration**

This strategic dialogue dives into the complex, nuanced layers of collaborative practice. There is no singular model in this space. We will work together to define and affirm values, clarify goals and boundaries, and investigate processes. Our divergences will be doorways, inviting us to vision thriving relationships that "make peace with difference" (a la Sonya Renee Taylor). 2 hours.



# SLMDANCES WORKSHOPS

---

## SINGLE SESSION CONT.

### Radical Joy

This workshop offers you practices to tap into your joy. SLMDances will share their practices of "joy at all costs" as a balm and a catalyst. Through games, movement, and other technologies, we will honor where joy resides in our bodies and our lives and how we can use this as a tool to shape the future. 90 min.

## MULTI- SESSION SERIES

### Creative Process

considers the questions: How is creativity a part of who you are in the world? How can you use your body to create a more just world? Through a series of scaffolded dialogues and movement practices, participants will consider the potency of their own creative movements to forward issues of social justice.

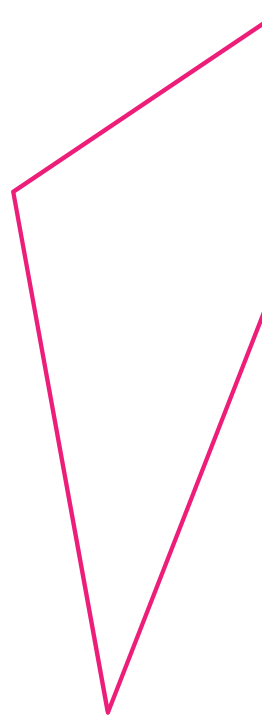
Two 90min sessions.

### Professional Development for the People

Tailored to the needs of your team/company, this workshop series shares SLMDances' praxis of self-development, community building, strategic vision, decolonized organization building, and the embodiment of our collective values: HUMANITY, DREAMING, COMMUNITY, TRANSPARENCY, LEARNING, and ACTIVISM.

We will offer to you creative works, stories, and resources that have supported our journey to creating a values-centered, mission-oriented collective in which leadership and labor is shared, and members feel whole, valued, and cared for. Our practices offer tenacity in artistic, cultural, and movement organizing work.

This series is for you if you are deepening and re-imagining your leadership practice. (This series includes the Match.org and Future Bodies workshops.) Seven half day (3-hour) sessions.





## TESTIMONIAL

---

100% of participants in SLMDances' 2020 online course said they would recommend PD for the People! to a friend

"I got to know me a little more through you all."

"I'm already recommending PD for the People to all my friends. It's well organized, accessible, revelatory and packed with tangible resources to transform and grow your practice."

"I feel that so many people I know can use this PD to point them in a direction they are trying to go in, or deepen how they think of leadership, or give them space to reflect on ideas they are trying to connect, or how they move through this world in their bodies."

"Life changing and soul cleansing."

# CONTACT SLMDANCES

---

**Book Sydnie L. Mosley Dances for  
your organization!**

**Website: [slmdances.com](http://slmdances.com)**

**Email: [info@slmdances.com](mailto:info@slmdances.com)**

