THERE IS A LOT GOING ON THIS SUMMER AT PICTURE US DIFFERENT!

We encourage all of our dancers to take our summer dance classes to continue their dance education (both technique and choreography) while school is out!

In addition to summer dance class, we offer the M3 workshop: a fun, non-competitive summer program that will engage and motivate students to see a “different” side of themselves and their dance abilities...

This week-long summer dance workshop features super fun mind - muscle - movement classes each day to help develop well-rounded, confident dancers, performers, and people... living the PUD philosophy!

The M3 workshop may be taken alone, but is best combined with the summer dance class most appropriate for your dancer!

What will my dancer get out of the M3 Workshop?

Peace of Mind

Self-Esteem and Self-Awareness
Nutrition & Healthy Body / Body Image
Relaxation Techniques
Yoga for Kids and Teens
Time Management & Balancing Busy Schedules

Understanding of Muscle

Technique & Choreography in All Styles of Dance:
- Jazz / Hip-Hop
- Ballet / Lyrical
- Tap / Rhythm
- Contemporary

Strengthening & Lengthening
Muscle Conditioning & Injury Prevention

Development of Movement

Performance Skills
Versatility of Style
Character Interpretation & Acting through Dance
How to Choreograph
Audition & Interview Training
Being a “True Entertainer” on Stage