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Unplugged Dance is a platform for education and research in dance as a practice of embodiment, with workshops for professionals and recent graduate in Greece.

In Unplugged Dance they emphasise the importance of **embodiment in dance education**, **research and choreography**, in order to approach dance in a more **open and inclusive** way related to self-determination, empowerment and expression. While Unplugged Dance does not follow a traditional educational structure, it provides a deep, immersive experience that empowers each participant to bloom at their own pace while contributing to the collective learning process. Nonformal education allows for flexibility, creativity, and personal agency – qualities that are essential for exploring dance as a tool for self-awareness and collective engagement.

HTTPS://UNPLUGGEDDANCE.COM

COUNTRY

GREECE

THEME

ARTS EDUCATION

DISCIPLINES

DANCE PERFORMING ARTS

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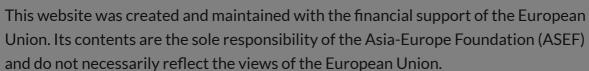
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