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The logo for 'Unplugged Dance' is written in a brown, cursive script. The word 'Unplugged' is on the top line and 'Dance' is on the bottom line, both centered. The background is a dark green rectangular area.

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. Non-formal 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](https://unpluggeddance.com)

COUNTRY

GREECE

THEME

ARTS EDUCATION

DISCIPLINES

DANCE PERFORMING ARTS

## ABOUT ASEF CULTURE360

[culture360.asef.org](https://culture360.asef.org) brings Asia and Europe closer by providing information, facilitating dialogue and stimulating reflection on the arts and culture of the two regions.

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