Contemporary dance, is a blend of several dance styles. It is also referred to as “the dance of the day” as its artistic movements create visual representations of life.

The beauty of contemporary dance form lies in the limitless possibilities of exploring creativity first. It does not have a defined traditional rule and lets you connect your mind with your body that gives you a sense of freedom and contentment.

It’s versatile and can be danced to the tune of any music or mixed with almost any dance form. It’s accessible for the beginners as it complements the natural alignment of the body. Once trained in contemporary, it gives you wings to fly to newer horizons of the body movement.

It has many benefits for children including:

It helps activate their creative self-expression

Supports mental well-being due to the connection with movement and emotion

Its develops improvisation skills

**What to wear?**

Black leggings and leotard

Bare feet

Hair tied up