

PROGRAM

Ancient Movement

ARTIST NAME

Kristin Brandt

**AVAILABLE FORMATS**

- Performance
- Single Workshop
- Multi-Session Residency Workshop

GRADE LEVELS

- Pre-K
- K – 2nd
- 3rd – 5th
- 6th – 8th
- 9th – 12th

MAX NUMBER OF PARTICIPANTS

In-Person: 20
Virtual: N/A

PROGRAM LENGTH

45 minutes

PROGRAM DESCRIPTION

Peaceful stances and breathwork create artful movement in this class. We will explore the animals of Kung Fu and stances of Shaolin. Dao means to guide qi, the body's energy, to create balance, and yin means to stretch for strength and flexibility. In this program, Kristin will intertwine these teachings into all-encompassing movement sessions.

Kristin is certified to teach Dao Yin Lung Shen Levels 1 and 2, and received Qi Gong certification from Sifu Chik Qdar Mason of the Spiritwind Internal Arts Group, based in Philadelphia, New York, and Toronto.

CURRICULUM STANDARDS

This program supports these NYS or Next Generation Learning Standards:
Culture

Contact Arts for Learning WNY for more information.
(716) 881-0917 | info@artsforlearningwny.org

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EDUCATIONAL OBJECTIVES

- Understand breath aligned with movement
- Explore their bodies in with ancient movement arts
- Explain how the animals and environment informed the stances

LOGISTICS/EQUIPMENT

Yoga mats and water.

VOCABULARY

Qi gong It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being.

Ancient - belonging to the very distant past and no longer in existence.

Movement - an act of changing physical location or position or of having this changed.

POST-PROGRAM ACTIVITIES & RESOURCES

I recommend QiGong breath and movement before a test or a performance!

QiGong Movements for Beginners - <https://www.youtube.com/watch?v=tZnO264YtFo&feature=youtu.be>

ARTIST BIO



Kristin Brandt has been a Teaching artist since 2006, co-founded Urban Canvas Project of Buffalo, is a local abstract and mural artist and teaches Dao Yin Lung Shen Yoga.

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