



About the Artist(s)



Julia Gutsik:

Founder/CEO Luv2Groove™, Julia is recognized for her versatility as a dancer, distinct flavor and high energy as a performer and teacher. Since 2009, Julia has been able to blend her passion for dance and education to develop and design programs for Luv2Groove™. With over 25 years of dance training, Julia holds a Master's in Education in Teaching, Learning and Evaluation, a Bachelor in Education and a Bachelor in Dance and Kinesiology. She has trained and studied in Ottawa, Calgary, Toronto, Montreal, Vienna, Sweden and the United States. Throughout her professional dance career, Julia worked with companies Rubberbandancegroup, Solid State Breakdance, Bboyizm and Propeller Dance (an integrated dance company working with people with and without disabilities). From 2007-2011, Julia helped facilitate over 27 projects across Canada's Arctic with Blueprintforlife, a company that does social work through hip hop culture with First Nations and Inuit youth.



Raul Guevara:

Dancing and teaching for over 14 years, Raul Guevara's dedication and involvement in the Hip Hop community has influenced people across the world. Since 1999, Raul has been teaching dance classes and workshops all over Canada, USA and Europe. Since 2006, Raul has been a facilitator with Blueprintforlife, a company that does social work through hip hop culture across Canada's Arctic. He has traveled to over 30 communities across the arctic including Greenland where he helped facilitate a healing retreat with Inuit youth and Belgrade Serbia where he delivered an outreach program for Roma youth. Not only is Raul an inspirational mover, but he is also a Registered Massage Therapist (RMT) and a Yoga Tune Up® Certified instructor. Since 2009, Raul has been blending his passions for health and dance education with Luv2Groove™ to create healthy minds and bodies in all his students.

About the Dance Workshop

Our MISSION is to foster the growth and development of dance education through a blending of our passions in dance and health. Our workshop enhances the arts, health and physical education curriculum in schools by encouraging students to MOVE, GROOVE and to HAVE FUN! Throughout the workshop, students will gain self-confidence, develop discipline, increase their physical capabilities and gain a deeper appreciation for the arts. Each workshop includes a physical/fun warm-up including several stretching and strength building exercises, movement based activities, dance routines and the opportunity for students to be active, creative and interactive with each other.

About the Art Form

Luv2Groove is a powerful educational program meeting the physical, intellectual, and social needs of all our students. We strongly believe in unifying the body and mind of all our students by celebrating the fact that everyBODY can dance! Therefore, rather than focusing on one style of dance throughout the workshop, we expose students to a variety of dance steps/movement forms such as hip hop, breakdance, jazz, tap, African, Latin dance and more.

We encourage students to move in ways they have never tried before in a fun and safe environment. Also the music we choose gets the students moving and grooving right away and keeps smiles on their faces for the entire workshop.

We hope that all the students and teachers leave our workshop feeling alive and sweaty! In our workshop there are no wrong answers. This is a chance for everyone to feel like they can express themselves freely without judgement.

For more information on our work, please visit our website at: www.luv2groove.com





Links to Curriculum

Students in our workshop will:

move in response to a variety of sounds, music, and feelings; demonstrate the [principles of movement alignment](#), balance, flexibility, strength, and breathing — in dance; create movement [sequences](#) based on choreographic [forms](#); describe [techniques](#) associated with particular dance [styles](#); demonstrate [performance skills](#) appropriate to a given dance situation

Pre-Workshop Discussion Questions

- What style of dance is your favorite?
- Have you ever taken a dance class before or watched a live dance performance?
- Do you ever dance for fun? If so, how does it make you feel afterwards?

Post-Workshop Activities

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- Get students to find a partner. Tell them to take their partner on a journey around the room, exploring different ways of traveling and moving through the space. They can incorporate moves they learned in the workshop and/or moves they already know. One person is the leader while the other person follows, when you say switch they get to switch roles. *High-energy music works well for his activity.*

Grades 3 and up

- Ask your students to name some of the dance moves they learned from the workshop and some action words (like jump, crawl, slide etc.). Write the names of the moves/action words down on separate pieces of paper. Get students into groups of 4. As a class, pull out the pieces of paper from a hat one by one (6-10 pieces of paper maximum). Write the names of moves/actions words in order that they are pulled out on a chalkboard for everyone to see. Each group, will then have to “dance” the movement sentence written on the chalkboard. They can interpret the moves/action words in their own way and add their own style to the movement sentence. *Each group can present their movement sentence at the end of class. You can also add music to give the movement sentence a feeling or mood.*

For more dance resources visit: <http://www.sharingdance.ca>

Post-Workshop Discussion Questions

- Why is it important to move our bodies’ everyday?
- What are the stereotypes surrounding dance for boys versus girls?
- How can dance contribute to other sports/activities you enjoy doing?
- What are some ways we can integrate movement/dance into our everyday lives?

Learn more about this artist online at artstarts.com/aotd