

*Expanding Access to the Movement Arts of  
Yoga, Dance and Gymnastics*



## **Yoga, Dance and Gymnastics - Yo-Dan-Nastics™!**

for

### **Individuals with Special Needs**

**Space is limited ... take advantage of this rare opportunity**

**Who:** Special Needs Individuals -- 10 and older -- who want to move

**When:** Fridays, 6 - 8pm

**Dates:** March 14 - June 27, 2014

**Where:** DANY Studios, 305 West 38th St. (@ 8th Ave.)

**Fee:** \$120 for 12 classes. Checks may be made out to Keoni Movement Arts. Please note:

- Actual value: \$240; *THANKS* to our donors for helping us to offer this at a reduced price.
- A limited amount of further financial assistance is available; you may inquire.
- FREE Trial class provided for new students

**Schedule:** see reverse side

**Teacher:** Paul Keoni Chun and KMA Volunteer Assistants

**About the class:** The class uses yoga, dance and gymnastics techniques to help individuals:

- Build coordination, strength, balance and an awareness of their space
- Learn to self-regulate
- Develop enhanced self-awareness
- Gain order and consistency with a regular class
- Gain social skills

**Teacher Bio:** Paul Keoni Chun, KMA's Founder, was a competitive gymnast at Stanford University (B.A. in Human Biology with emphasis in Aspects of Youth Socialization). He had a 20-year professional dance/acting career working with New York City based choreographers and performing in Off-Broadway and regional theaters and on television. Currently, he teaches yoga professionally in the leading NYC Health Clubs, including Reebok and Equinox. As a result of the benefits that KMA's work has provided for the community, NY1 News recognized him as a "New Yorker of the Week."

Keoni Movement Arts, Inc. [www.KeoniMovementArts.org](http://www.KeoniMovementArts.org) Paul Keoni Chun, Founder and President  
400 West 43<sup>rd</sup> St., Suite 27-J, New York, NY 10036 (ph) 212.643.9013

Keoni Movement Arts (KMA) is a qualified 501(c)(3) nonprofit organization.

KMA does not discriminate on the basis of race, color, sex, religion, creed, age, sexual orientation, gender identity, national and ethnic origin, disability or any other legally protected status.

**KMA Winter / Spring Term:**

Free Trial class on 2/28/14

3/7/14: no class due to "You and I" meeting on this night

3/14/14: Lesson 1

3/21/14: Lesson 2

3/28/14: Lesson 3

4/4/14: no class due to "You and I" meeting on this night

4/11/14: Lesson 4

4/18/14: Lesson 5

4/25: no class as Teacher Paul is out-of-town

5/2/14: no class due to "You and I" meeting on this night

5/9/14: Lesson 6

5/16/14: Lesson 7

5/23/14: Lesson 8

5/30/14: Lesson 9

6/6/14: no class due to "You and I" meeting on this night

6/13/14: Lesson 10

6/20/14: Lesson 11

6/27/14: Lesson 12

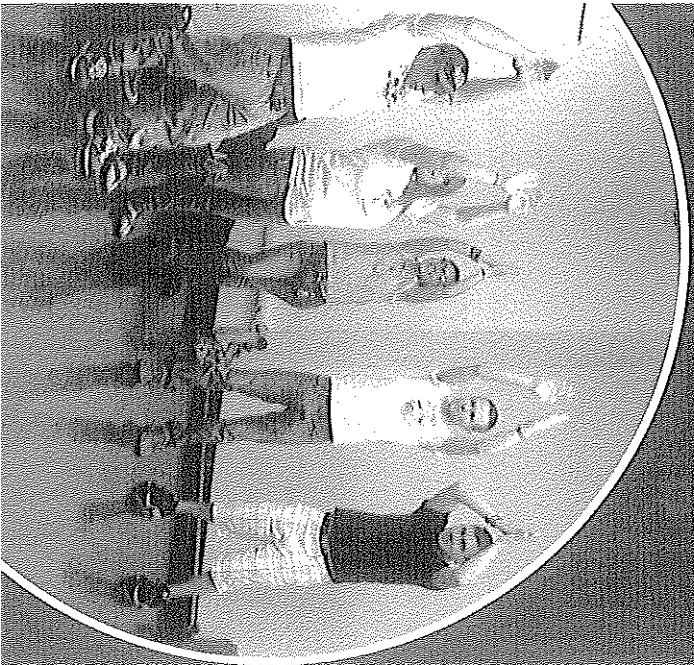
**Total: 12 Lessons**

# MISSION

CO/LAB Theater Group exists to offer individuals with developmental disabilities a creative and social outlet through theater arts.

We facilitate a safe and judgment-free environment, encouraging participants to collaborate together as an ensemble, as well as discover their individual voices. The group promotes building self-esteem among participants and teaching artists alike. We seek to honor and celebrate the individual, transcending the label of a disability.

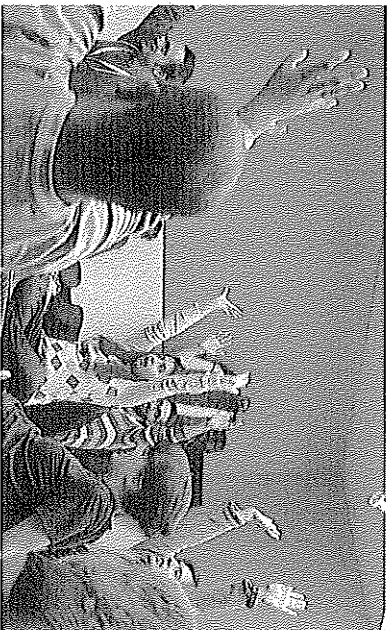
CO/LAB Theater Group is a recognized 501(c)(3) non-profit corporation.



# CONTACT US

For Class / Workshop Information:  
[education@colabtheatergroup.com](mailto:education@colabtheatergroup.com)

For General Information:  
[info@colabtheatergroup.com](mailto:info@colabtheatergroup.com)



 [www.colabtheatergroup.com](http://www.colabtheatergroup.com)

 [@colabtheater](https://twitter.com/colabtheater)

 [CO/LAB theater group](https://www.facebook.com/colabtheatergroup)

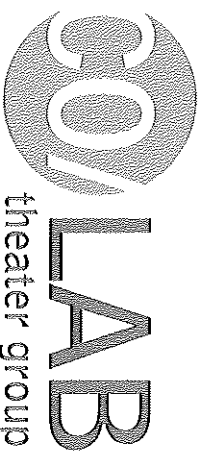
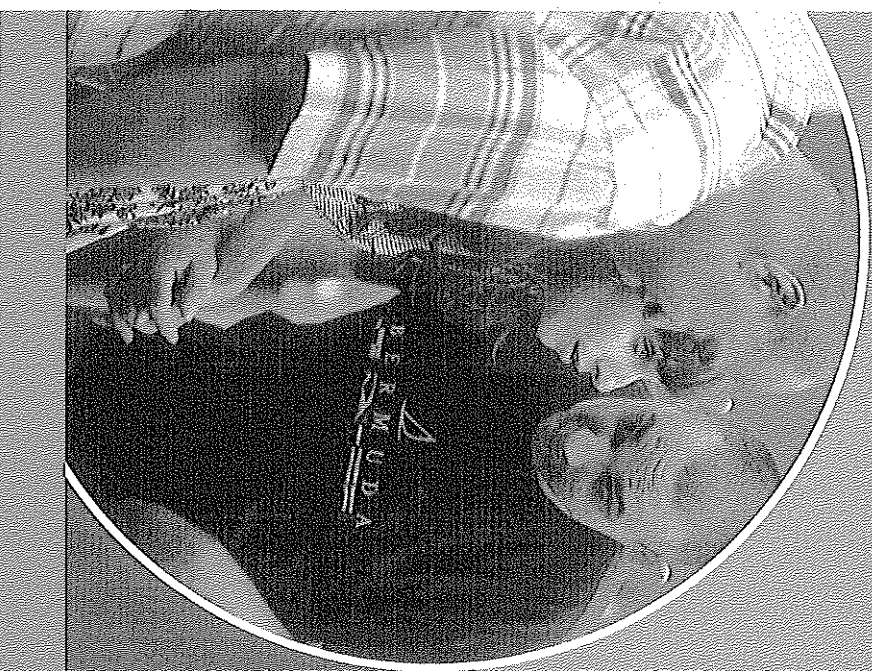
 [COLABTheaterGroup](https://www.youtube.com/colabtheatergroup)



PO Box 727 • New York, NY 10108

[www.colabtheatergroup.com](http://www.colabtheatergroup.com)

Creative  
Opportunities  
Without Limits  
And Boundaries



## HISTORY

The four founding women of CO/LAB studied drama together at Syracuse University. During their time there, they became involved with an organization dedicated to providing theater opportunities to individuals with special needs. Modeled after this successful program, CO/LAB was started to create similar experiences for those in New York City. Since its beginning in 2011, CO/LAB has facilitated over 20 on-site classes and residencies, teaching actors from all five boroughs. In addition, CO/LAB has welcomed actors into its annual Summer Guest Artist Series and hosted satellite programs in Chicago, Madison and Seattle. With the support of volunteers and generous donors, the group continues to extend programming.

## STAFF

**Becky Leiman**  
Executive Director

**Laura Borgwardt**  
Director of Educational Programming

**Arnelle Lever**  
Director of Educational Outreach

**Selena Layonier**  
Director of Development

**Abby Schraer**  
Marketing Manager

**Sarah Obrantz**  
Development Associate

## CO/LAB PROGRAMS

For more information about any of our programs, email [education@colabtheatergroup.com](mailto:education@colabtheatergroup.com).

### On-Site Classes

Sessions meet weekly in the fall and spring and are suggested for ages 14+. Activities include dance parties, warm-ups, ensemble and skill-building exercises and creating and rehearsing scenes. All semesters culminate in a final performance.

### Off-Site Workshops

For schools, day habilitation programs and community centers, CO/LAB will come to you! We offer one day workshops as well as long-term residencies. Choose from our standard workshops in theater and improv or have us customize a workshop to meet your specific curriculum needs. These can be tailored for children, teens or adults.

### Pop-Up Classes

These single workshops are designed to give actors a taste of CO/LAB. Actors will take part in a one-off class with theater games and activities.

### Summer Guest Artist Series

Professional artists come share their areas of expertise. Past workshop topics include musical theater, Shakespeare, puppetry, dance, on-camera acting, design, music and many more!

## GET INVOLVED

### Volunteer

CO/LAB offers a chance to collaborate with teaching artists, staff and actors. Join us in classes or at a special event. Don't worry – scheduling is flexible, so you can participate as much or as little as you want! Oh, and did we mention that it's super fun?

### Donate

Every year, CO/LAB has gotten bigger and better, but we couldn't do it without people like you. With your generous support, we can expand operations to include additional staff and classes, strengthen our outreach and fundraising efforts and most importantly, offer more individuals a creative atmosphere in which to grow. When you donate \$150 or more, you will become part of our Benefactor's Circle, receiving special CO/LAB perks such as tickets to our shows, access to special events and a very special place in our family.

CO/LAB Theater Group is a recognized 501 (c)3 non-profit corporation and all contributions are fully tax-deductible.

### Special Events

Join us for one of our many community events this year! We will host our annual CO/LABaret concert series, a wine tasting event, and of course, our end of semester class performances.