

PRINCESS MHOON DANCE INSTITUTE

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by Princess Mhoon

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Dancer Legs

FOUNDER & CEO
Princess Mhoon

My mother has dancer legs.

She was also a dancer, and from as early as I can remember family and friends would comment, "girl, you have legs like your mama".

It was meant as a compliment, but internally I withered at the thought of having curvy, muscular legs with hyper toned calf muscles. They always drew too much attention. I wanted a thin and linear leg with long lean muscle tone like a ballerina.

As I evolved and settled into the acceptance of who I am, I have grown to respect and love my legs. I no longer hide them or feel shame. I show them whenever I can and draw strength from the fact that well into my forties they still look good. I can walk, skip, run, jump and leap like I did 20 years ago because of these ferocious legs!

As we enter year 10 as the Princess Mhoon Dance Institute, standing strong in the midst of a global pandemic and social justice crisis, I have drawn on the strength of my legs to help see us through. We have walked through the fire of losing students and lost revenue. We've ran to quickly make adjustments to our program week after week. Now we are taking another the leap and opening a much anticipated location in 2021 on the campus of Walter Reed in Washington, DC. We have not lost balance or given up.

With these legs, we are standing strong in our mission: to deliver art and culture that will educate, unite, transform and heal our community through the power of dance. No matter what.

It is my hope that every dancer who trained with us this season saw us rise through the ashes to continue to serve them, and will take the lesson and use it in their own life.

With your continued support we will help them develop dancer legs, literally and metaphorically.

Dance legs don't fail me now.



PRINCESS MHOOON, FOUNDER & CEO

Thanks for a Great Spring!

A LETTER FROM SHERYL THOMAS

Hello!

I hope this note finds you well, safe and healthy. It has been so long since we have had a face to face. I am not loving this "new normal." With that stated it has been a pleasure watching you all participate in our 'Virtual Classes'. Who would have thought that our Spring Session would develop into a no touch, no physical contact in an Art that thrives on community building, healthy competition, bonding, and the physical touch. Mama T really misses seeing you run through the door and greet each other with a hug or a wave. I miss you stretching with your bands and or using your foam rollers to get the kinks out of your legs. Believe it or not I miss you running up to me and trying to give me love/show me love and I acting as if I did not want it.

I do appreciate that at the end of our virtual classes you all take the time to say "Thank You"; it means so much to all teachers that you respect that we made the time and effort to give you our best. You all have shown that you are resilient and that nothing can keep you away from dance. Your perseverance, exploration, development and tenacity to learn, in this art form has shown me that you are capable of achieving all that you want to accomplish.

Continue to thrive for the best. Continue to work on your technique and style. If you do that, we will have a grand start in the Fall that will give us a superb concert in December. PMDI students, Ensemble and Studio Company please have a safe and wonderful summer! Keep twirling and slaying the dance floor.

Blessings,



Welcome! PMDI'S NEW OFFICE MANAGER

Lisa S. Herd



Lisa enthusiastically joined our PMDI team on July 1st and is beyond excited to start this new journey for many reasons. She'd like to share a short introduction and looks forward to meeting the PMDI families in person soon!

"Thank you for welcoming me to the PMDI Team! I bring over a decade of administrative experience, most recently serving as Office Manager at an experiential marketing agency, planning office events for professionals who helped to produce multi-million dollar events for brands like GEICO, Amazon & AT&T. I gained crucial skills in what is required to create impactful marketing, execute memorable and engaging experiences, and foster a positive company culture

Beyond knowing what office management experience I could quickly apply to my role here at PMDI, I was especially elated to return to my roots as a young dancer. I belonged to my local dance center in eastern Connecticut from age 2-17 and was selected for my high school varsity dance company beginning my freshman year. I continued taking dance lessons as my college schedule allowed, while I attended George Washington University with a major in American Studies and minor in Journalism. After graduation, I remained in DC, always searching out dance-centered fitness classes as my primary form of exercise. So I feel very lucky and at home to return to the dance world as a professional, with a huge ability to relate to the young students at PMDI. I am also a new mom of a son born on Valentine's Day 2019, so I feel for our parents & guardians, too!

I look forward to meeting the families and dancers, and to working with Princess, Katie, and the rest of the PMDI team to create the best dance experience possible for the students and strive to keep taking the studio to the next level!"

A PHASE-2 SUMMER

Summer certainly is different this year for everyone, as we adapt under new safety guidelines and protocols to keep ourselves and our community healthy.

The same goes for Summer at PMDI, when we would usually host a full schedule of classes, workshops and camps. While most of those traditional plans have been cancelled, we are happy to say with some major modifications, we were able to welcome a small group of our student dancers back to our studio on Perry Street, now that DC has entered Phase-2 of reopening.

All staff & students are required to wear masks at all times, social distancing of 6-8ft is enforced, the studio is cleaned thoroughly and frequently, extra sanitizing stations are available, and everyone's temperatures are taken before every class, among many other robust measures.

Our students are determined to dance, even under these extra-cautious conditions, and we could not be more happy to provide a safe and healthy space for them to dance, learn, and grow this summer. It gives us great hope that we can offer more opportunities for our families to dance later on this summer & in the fall.



TAKE OUR SURVEY

Let your family's voice be heard

August & Fall 2020

SURVEY TO HELP SHAPE
PROGRAMMING AT



Our Phase II reopening procedures have been successful and we have developed a safe dance environment to slowly invite others to return to the studio in small groups.

After receiving more emails and interest in classes from those who missed the last survey, we are considering an August schedule of classes. "Dance Within Distance" would consist of one-time, half-day workshops focusing on certain age groups and dance styles in safe, clean spaces, using masks, social distancing, and other safety measures.

We would also like to hear your thoughts on potential Fall 2020 programming. Your answers will help shape what we can and cannot offer to all our families.

Thank you for your feedback and continued support!

take the survey
click the link below
now! ↘

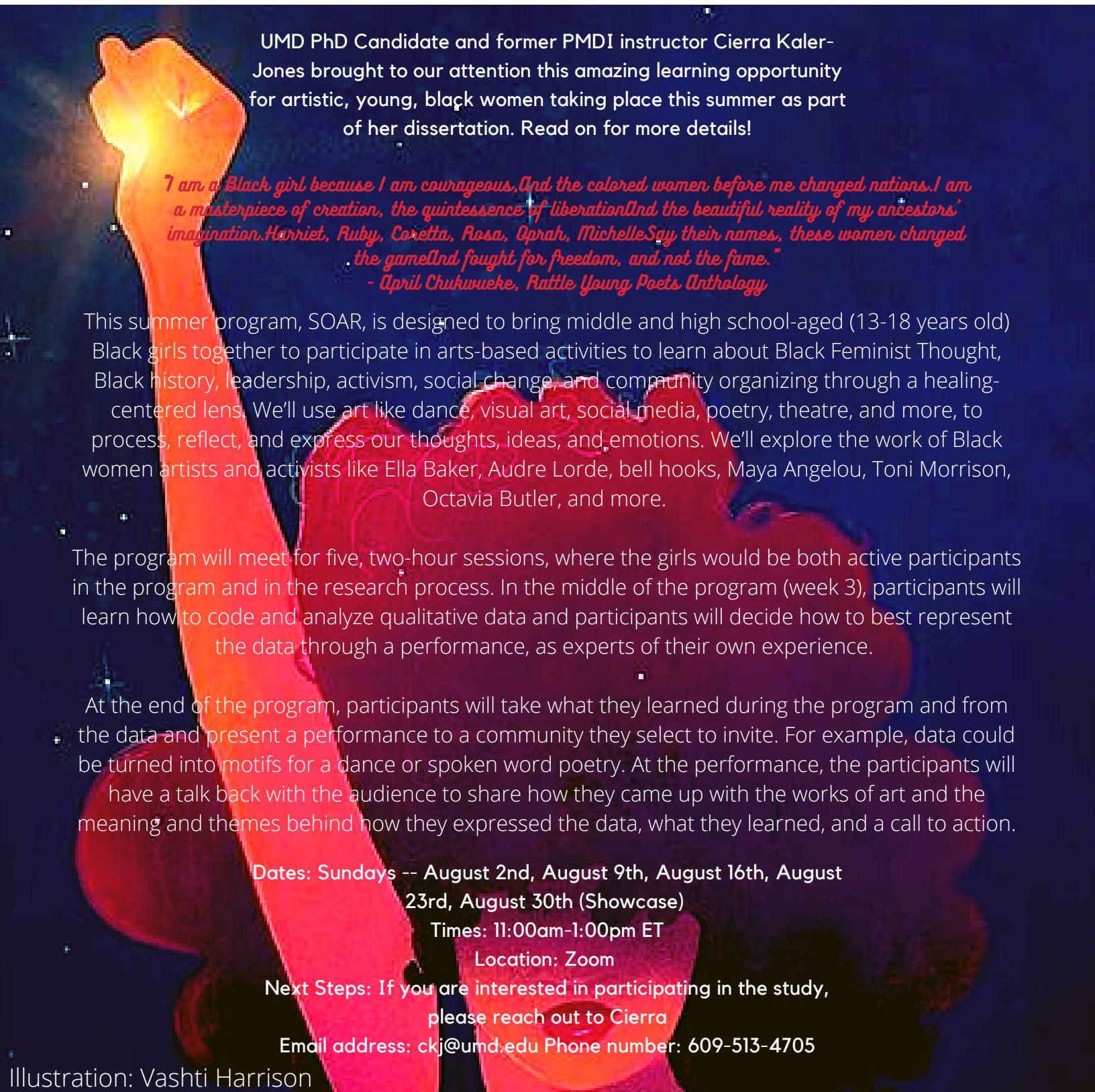


SURVEY CLOSES FRIDAY JULY 17 @ 5PM*

[Click Here to Take the Survey NOW](#)

Soar this Summer

VIRTUAL SUMMER PROGRAM FOR BLACK GIRLS



UMD PhD Candidate and former PMDI instructor Cierra Kaler-Jones brought to our attention this amazing learning opportunity for artistic, young, black women taking place this summer as part of her dissertation. Read on for more details!

I am a Black girl because I am courageous. And the colored women before me changed nations. I am a masterpiece of creation, the quintessence of liberation and the beautiful reality of my ancestors' imagination. Harriet, Ruby, Coretta, Rosa, Oprah, Michelle Say their names, these women changed the game and fought for freedom, and not the fame.
- April Chukwuemeke, *Rattle Young Poets Anthology*

This summer program, SOAR, is designed to bring middle and high school-aged (13-18 years old) Black girls together to participate in arts-based activities to learn about Black Feminist Thought, Black history, leadership, activism, social change, and community organizing through a healing-centered lens. We'll use art like dance, visual art, social media, poetry, theatre, and more, to process, reflect, and express our thoughts, ideas, and emotions. We'll explore the work of Black women artists and activists like Ella Baker, Audre Lorde, bell hooks, Maya Angelou, Toni Morrison, Octavia Butler, and more.

The program will meet for five, two-hour sessions, where the girls would be both active participants in the program and in the research process. In the middle of the program (week 3), participants will learn how to code and analyze qualitative data and participants will decide how to best represent the data through a performance, as experts of their own experience.

At the end of the program, participants will take what they learned during the program and from the data and present a performance to a community they select to invite. For example, data could be turned into motifs for a dance or spoken word poetry. At the performance, the participants will have a talk back with the audience to share how they came up with the works of art and the meaning and themes behind how they expressed the data, what they learned, and a call to action.

Dates: Sundays -- August 2nd, August 9th, August 16th, August 23rd, August 30th (Showcase)

Times: 11:00am-1:00pm ET

Location: Zoom

Next Steps: If you are interested in participating in the study, please reach out to Cierra

Email address: ckj@umd.edu **Phone number:** 609-513-4705

CHECK OUT

THIS

SUMMER

WORKSHOP

FOR

YOUNG

ARTISTS !

created &

led by

former

PMDI

instructor,

Dominique

ARTS & ACTIVISM

SUMMER YOUTH WORKSHOP

WORKSHOP

SATURDAY 8/1

PRESENTATION

SUNDAY 8/2

ONLINE

A summer youth workshop for Artists and Activists to learn, explore and share their unique perspectives and experiences through guided discussions, group activities and a culminating presentation.

For all inquiries email:
Queendommoves@gmail.com



HELLO SUMMER FROM KATIE

Hello PMDI Families!

I wanted to say a very sincere "thank you" for a great dance season even with all the ups and downs! I'm honored to support PMDI behind the scenes through the systems and administration that help keep the studio running. Thank you for your patience and understanding through the year as we navigate new territory and shifting landscapes!

Speaking of landscapes, I wanted to share some of my favorite mini summer getaways in Maryland. I grew up in Western Maryland and my husband is a Baltimore native....crabs and the bay are staples to say the least!

One of my favorite summer activities is exploring the "off the beaten path" parts of the bay and the surrounding small towns! Here are a few of my favorite spots for a weekend day trip.

Calvert Cliffs60 Miles from PMDI

North Beach.....40 Miles from PMDI

Fort Smallwood Park.....42 Miles from PMDI

Terrapin Beach Park.....41 Miles from PMDI

Elk Neck State Park.....86 Miles from PMDI

Enjoy your summer and see you in the fall!

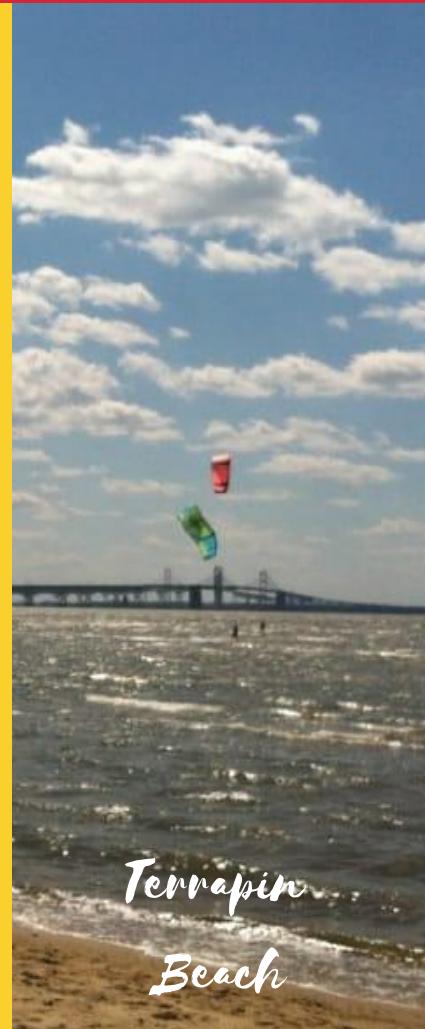


Katie

Executive Assistant
& Special Projects Manager



Elk Neck
State Park



Terrapin
Beach



North Beach



Fort Smallwood Park

Donations During Covid

HOW YOU CAN HELP

COVID-19 has affected the entire world, and our community at PMDI is no exception.

Our studio has been greatly affected. We've had to limit class sizes and enforce many safety measures that come with their own costs. While we are happy to provide a safe space for our students to dance and express themselves across many genres and techniques, we can only do so if it is financially viable for our business.

Our families have been greatly affected. Like many others across the country, PMDI families have had to integrate child care into their working hours, or are searching for work after a job loss. Many students from such struggling families depend on scholarships to continue their dance training with us, but those funds are limited as well. Most years, we are pleased to grant upwards of \$30,000 in scholarships to our students in need. We depend on support from our community to fulfill such a commitment.

A donation from you or someone you may know would help keep our studio safely open & operational, as well as keep all our students who are willing, enrolled, learning, & achieving their dance dreams, regardless of their financial status.

If you would like to donate to the PMDI community, there are few ways to contribute:

Cashapp - \$princessmhoon

Credit Card - www.princessmhoondance.com/give

Check - mail to Princess Mhoon Dance Institute, 13603 Kushner Court, Silver Spring, MD 20904

We appreciate your support during these unprecedented times and wish you and your family ultimate health and happiness!



Donate Now

CLICK HERE