

3/30/2020

Teaching Philosophy

Truth, Multidimensionality, and Liberation

My philosophy is that we have endured colonial, limited, and restricted forms of accessing our full potential of holistic being. We receive instances of vision and liberation through problem solving, creativity, performance, and reflection.

I believe that through community building, reconnecting agency, and mindful autonomy, students are able to truly come into the actualization of unfolding themselves. I welcome students to come with all that they are, for our students have an abundance of knowledge to apply in what we do. Through different modalities and lenses, we are able to create an environment where students can better learn, reconnect, and facilitate their own process. With reflection, we are able to have clarity, transparency, and understanding for ourselves and with each other. I grow with my students throughout our time together and acknowledge that my class is process and inquiry-based rather than product based. We ask ourselves why are the things we're learning about relevant? What do we have to unlearn? What knowledge, resources, and gifts can we provide our communities? My heart believes we all see ourselves within each other and are able to reflect different perceptions, make connections, align values and ignite inspiration for further research and learning.

My trajectory is for students to rekindle relations to their holistic body, their actions, their environments and their communities. Dance and movement is a reflection of our times and spaces, which we are enveloped in our everyday life. Dance allows us to embrace mental, physical, emotional, and energetic bodies. Together we dance with discipline, joy, and alignment to develop our autonomy to validate our ability, potential, and experience. These processes continue strengthening and expanding our heart muscles for further social justice, mindfulness, and courage. I believe that as an educator I am accountable for carving a path for all intersectional relations to feel welcomed. To embrace space for mistakes, vulnerability, and growth. Reconnecting to our cultures, histories, environments, and legacies. This way we can continue spreading ripples of awareness, change, and truth.