

CELEBRATE CREATIVITY

HAVE FUN PARTICIPATING IN...
A CREATIVE CLASS, EXPLORING
SELF EXPRESSION WITH
MOVEMENT IMPROVIZATION ,
AFRO-BRASILIAN DANCE,
TONING AND FREE SINGING

A SOOTHING, QUARTZ- CRYSTAL
BOWL MEDITATION PROVIDES THE
PERFECT CLOSING LEAVING
STUDENTS REFRESHED, ENERGIZED,
ALERT AND RELAXED



Anallia specializes in creating classes which provide young people with a space to experience themselves in a positive light, while they explore their self expression in the realms of dance, singing, meditation, and drumming
Anallia's classes uplift the "Spirit", facilitating balance and integration, as students reconnect with their innate creativity. The harmonizing tones of quartz-crystal-singing bowls, and entraining Afro-Brasilian, world rhythms and music, reawaken their own inner rhythms, calling forth the "authentic self", as the creative, inner child plays, promoting their sense of interconnectedness and community.

Born in Brasil, raised also in Africa, Asia and Hawaii, I grew up in cultures steeped in rhythms, singing and dancing, as a means of releasing stress, opening the heart and celebrating life.

I share simple techniques using Afro-Brasilian, and World music, Samba, movement improvisation, and "singing", as a powerful and joyful means of reconnecting with one's authentic primal nature. Improvisation encourages a strong sense of self, as young people explore their creative expression, and come to know themselves, through their own, unique song and dance.

Anallia has been teaching in Palm Beach County for the past 10 years, through various venues, such as the Center for Creative Education, at the Middle School of the Arts, after school programs, PB Juvenile detention center , Florida Institute for Girls and Palm Beach Youth Center in addition to others.

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