



**An intergenerational and inclusive dance company.
Our dancers are 7- 82 years old, with and without, seen
and unseen disabilities.**



Mission:

***Creating greater joy and compassion with dance
that opens hearts, minds, and arms.***



Vision:

Empowering a diversity of people to share their unique creative expression through equitable, collaborative dance making that has the ability to transform communities.





Our Projects/Programs

- ~6 uplifting, joyful, & mostly free performances per season
- 2 dance & human rights outreach programs: *Upstanders with Open Arms* for 2nd graders & *Spiraling Upwards* for all ages
- Pop up CommUNITY Classes for birth - older adults, 4/19
- Public speaking & trainings on disability & age awareness



5 Tips for Interacting Respectfully with Older Adults & those with Disabilities:

- 1. Look people in the eyes. Kneel down if they are in a wheelchair.**



2. Talk to people with disabilities and older adults directly, not just to the person who is with them.



3. Ask before helping someone with a disability or an older adult



4. Use a respectful, age appropriate tone of voice. Avoid using the tone of voice you would while talking to child or baby when you're actually talking to a teen or an adult. This is part of something called Assumed Competency.



5. Give Choice and Voice whenever possible:

- “Would you like to look out the window or watch the cat sleep while you’re eating?”**
- “What music do you want to listen to while I’m helping you with bathrooming?”**



Language to Use for People with Disabilities:

- Always avoid derogatory terms, even when using them in a self-deprecating way!**
- I like to avoid language that tries to soften or tip toe around disability, such as: differently abled, special needs, or uniquely abled. Speak directly about disability.**



- Follow the lead of the disabled person or their family (if under 18 yrs) & use the same language they use...**
- Otherwise, choose People First or Disability First language.**



People First vs. Disability First:

- My dad had a disability vs. I had a disabled dad
- DO use these terms:
 - Physical disabilities
 - Intellectual disabilities (rather than cognitive impairment or mentally disabled)

OPEN ARMS DANCE PROJECT

BEAUTIFULLY

Imperfect



05/08/2025

Thursday, 10:30am
Field Trip Performance

Beautifully Imperfect
is an uplifting dance concert
celebrating imperfection in
ourselves and the natural world.



05/09/2025

Friday, 10:30am
Field Trip Performance

JUMP - Pioneer Room
1000 W Myrtle St

openarmsdance.org



05/09/2025

Friday, 7pm
Community Performance

Open Arms
DANCE PROJECT







Thank you!

www.OpenArmsDance.org

[@Open.Arms.Dance.Project](https://www.instagram.com/Open.Arms.Dance.Project)



BrainDance:

Exploring Physical Spirals

1. Breath
2. Tactile
3. Core-Distal
4. Head & Tail
5. Lower & Upper Body
6. Body Sides, right & left
7. Cross Lateral
8. Vestibular