SAS Dance Philosophy

Dance is a unique medium, for learning about yourself and the world. It is an essential component of artistic, aesthetic, and cultural education through physical non-verbal communication. Dance functions as an artistic endeavor, as social discourse, as physical exercise, and as an integral part of cultures and rituals. Dance education provides students another medium to explore, create, problem solve, and communicate. It fosters the core values of compassion, honesty, fairness, responsibility and respect. Dance education helps students develop confidence and other skills that are transferable to different disciplines and to their daily lives.