



Lineage
Performing Arts Center

in partnership with



Lineage Dance & The Institute for Girls' Development Proudly Present

Movin' On Up!

**Choreography, creativity & conversation
to support transitions**

October 24, 12:30 - 3:30 pm

Workshop for girls in 6th/7th grades & their moms

October 24, 4 - 7 pm

Workshop for girls in 9th/10th grades & their moms

Join us for an afternoon of creative movement and conversation - including tools for building trust, confidence, and relationships for the adventure ahead!

More About "Movin' On Up"

The transitions to middle school and high school are significant milestones in the lives of girls (and parents!). This unique empowering workshop was designed by Hilary Thomas, founder of Lineage Dance, and Melissa Johnson, Ph.D., psychologist & founder of the Institute for Girls' Development. Through break out sessions, dialogue, and movement, mothers & daughters build resources for the coming year.

Cost: \$75 per girl and her caregiver (scholarships available)

Location: Lineage Performing Arts Center
89 South Fair Oaks, Pasadena

Register at: <http://lineagedance.org/about/classes-and-workshops/>

Light Refreshments

Resources to take home

Wear comfortable clothes and shoes for choreographed movement

Institute for Girls' Development
95 N. Marengo Ave., Suite 205
Pasadena, CA. 91101
626.585.8075, ext. 108

LOCATION OF EVENT:
Lineage Performing Arts Center
89 South Fair Oaks Ave.
Pasadena, CA. 91105
626.844.7008
lineagedance.org

Hilary Thomas
Founder
Lineage Dance Performing Arts

Melissa Johnson, Ph.D.
Founder, Psychologist
Institute for Girls' Development