

COYOTE ROCK

RAQUEL ZAMORA

DANCE WORKSHOPS

Coyote Rock's dance workshop, "Dance for Healing", explores the healing and restorative potential of dance by blending traditional Indigenous practices with scientific understanding of emotional and physical wellness. This workshop offers a holistic experience designed to relieve stress and support physical and emotional well-being. Participants will gain insight into the science of stress, engage in ancient mindfulness practices, and experience movement meditation that includes stretching, squats, and freestyle dancing.

VISUAL ARTS WORKSHOPS

Visual Storytelling introduces participants to the fundamentals of photography and videography with an emphasis on using these tools to create powerful, narrative-driven images. Whether for personal projects or content creation, participants will learn how to use their smartphones or DSLR cameras to bring their stories to life through visuals. Participants will explore the essential elements of visual composition and camera operation. The workshop encourages creativity and self-expression while reinforcing technical knowledge. Collaborative exercises will foster peer feedback and group learning.

THEATER/ACTING PERFORMANCES

Indigenous Storytelling Performances offer audiences a powerful and immersive storytelling experience that fuses movement, spoken word, and visual art to explore Indigenous culture, history, and lived experiences. With the integration of original videography, traditional instruments, modern and traditional dance, martial arts, and installations such as masks and lighting elements, the performance engages multiple senses. The presentation closes with an interactive segment where audience members are invited to reflect, respond, and ask questions.

LITERARY/SPOKEN WORD WORKSHOPS

The “Our Story” workshops empower participants to craft meaningful stories by combining traditional Indigenous storytelling methods with modern tools and techniques. This workshop emphasizes the value of storytelling in Indigenous cultures and how it evolves through time. Depending on group age, participants will explore oral traditions alongside visual storytelling using contemporary media such as video. They will also learn to design narratives, develop characters, and build visual concepts. A unique component includes an exploration of mask-making and its cultural significance in the Yo’eme tradition.

SENIOR PROGRAMMING

The “Elder Harmony: Brain & Body” workshops Support healthy aging by integrating cognitive and physical exercises inspired by ancient Indigenous methods. This workshop is

designed to promote mental sharpness, emotional resilience, and physical coordination in a supportive and inclusive group setting. Participants will explore a holistic model of wellness, combining neuroscience-based practices and Indigenous wisdom.

Activities include: Gentle movement routines (stretching, squats, seated exercises), balance and coordination drills (e.g., ball work, simple dance steps), memory-boosting games and visual recall exercises, mindful breathing and relaxation techniques

Participants and audiences age 2 and older