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Discover Emotional Wellness Through Movement: Join "Expression Through Movement" on August 20

Winter Park, FL – August 5, 2025 – Emotions Dance Company, in partnership with the Winter Park Health Foundation, is proud to present *Expression Through Movement*, a unique, immersive workshop designed to help participants reconnect with their bodies and emotions through guided, expressive movement.

Led by Larissa Humiston—licensed clinical social worker, therapist, and founder/artistic director of Emotions Dance Company—this powerful experience will take place on **Wednesday, August 20, 2025, from 4:00 PM to 5:30 PM ET** at the **Center for Health & Wellbeing**, located at 2005 Mizell Avenue, Winter Park, Florida.

This 90-minute workshop is rooted in the belief that movement is a powerful tool for emotional expression, healing, and connection. Participants will engage in gentle movement exercises designed to release tension, foster self-awareness, and promote emotional wellbeing. No previous dance experience is necessary—only a willingness to explore.

“Expression Through Movement is about more than dance,” says Humiston. “It’s about tuning in to your inner experience, giving it space to breathe, and allowing your body to speak in a safe, supportive environment.”

Attendees are encouraged to wear comfortable clothing suitable for movement and bring a water bottle. Chairs will be available for anyone who prefers seated participation.

This event is **free and open to the public**, with pre-registration encouraged to reserve your spot.

About the Presenter

Larissa Humiston is the Founder and Artistic Director of Emotions Dance Company, a nonprofit organization dedicated to creating thought-provoking dance works that inspire connection and conversation. A passionate educator and mental health professional, Humiston has over two decades of experience as a choreographer, teacher, and therapist. She holds a Master of Social Work from Syracuse University and runs a private therapy practice alongside her ongoing work with Emotions Dance Company.

About Emotions Dance Company

Founded in 2007, **Emotions Dance Company** is a 501(c)(3) nonprofit based in Central Florida that uses dance as a platform for dialogue, healing, and community connection. Through performance, education, and outreach, Emotions Dance fosters personal and social awareness through the power of movement.

For more information or to register for the workshop, please visit **www.emotionsdance.org** or contact **info@emotionsdance.org**.