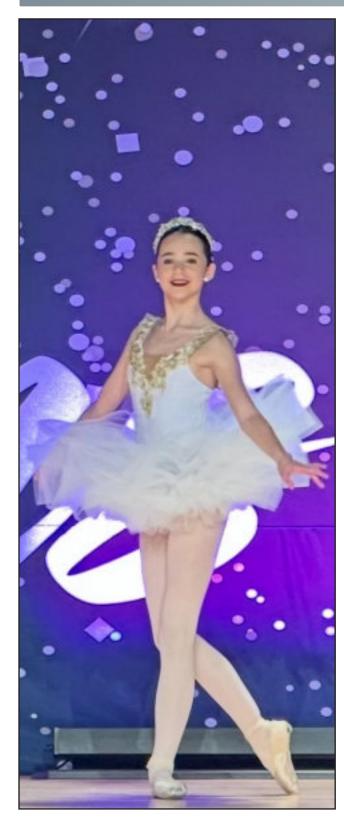




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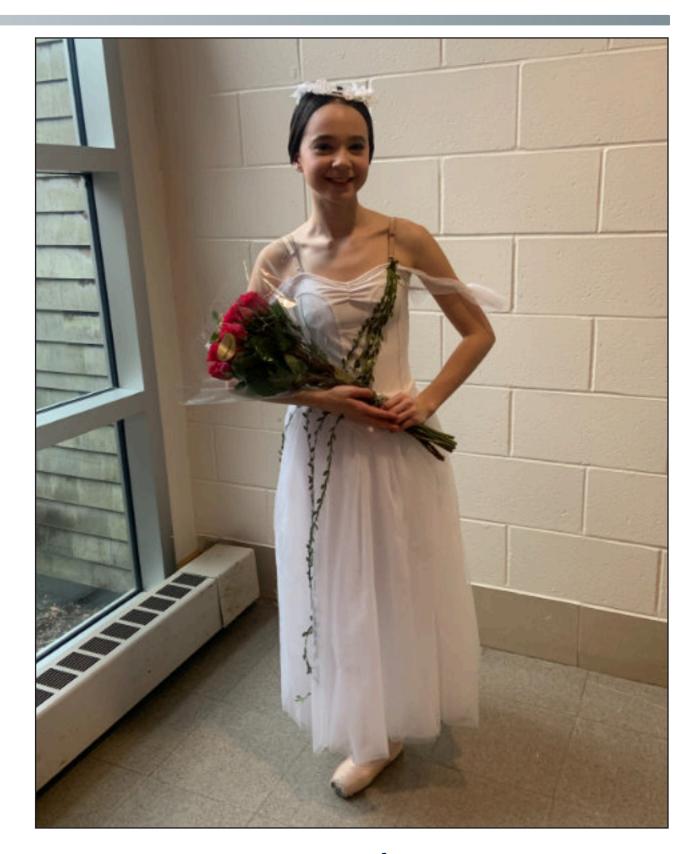
From the first time my parents signed me up for dance, since the first time I stepped foot on the dance floor, I knew my passion would forever be dancing. I started out doing Ballet and Tap and quickly fell in love. As time went on, I started to try out new styles of dancing like jazz, acro, contemporary, and eventually, I joined a competition team.

Growing up in the dance world, I have always had dreams and goals that I wanted to reach as a growing dancer. One goal that has always been my dream is to one day be a Radio City Rockette or even be on Broadway! However, I quickly realized that there would be challenges to face along the way of my dance journey, especially when dancing competitively.

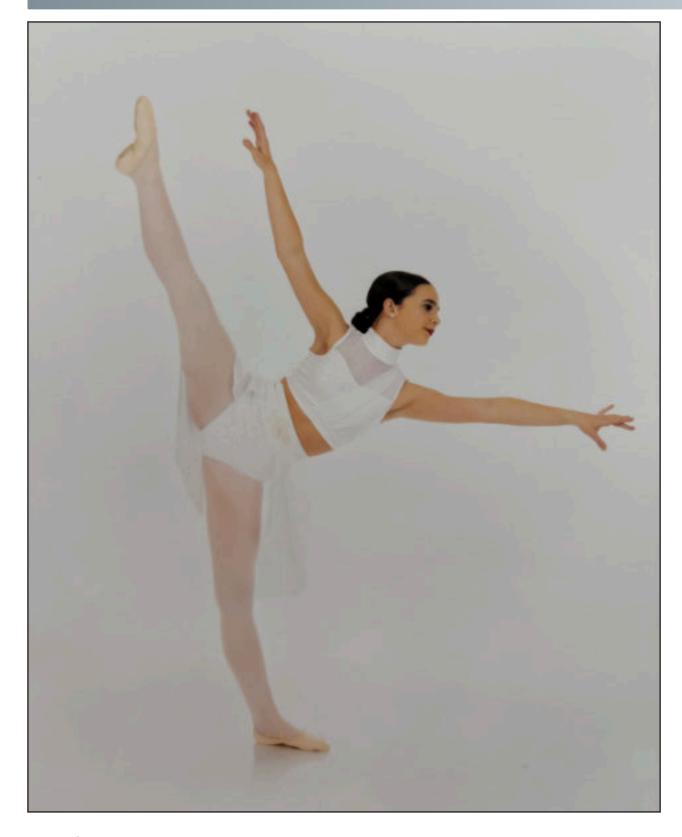
Growing up in today's world, so many people are on social media each day. Although social media can be good, one problem I had growing up was comparing myself to other dancers. I would see so many videos of dancers doing beautiful leaps and turns and compare myself to them, asking questions like, "Why can't I be like them?" or "Why can't I do that?"

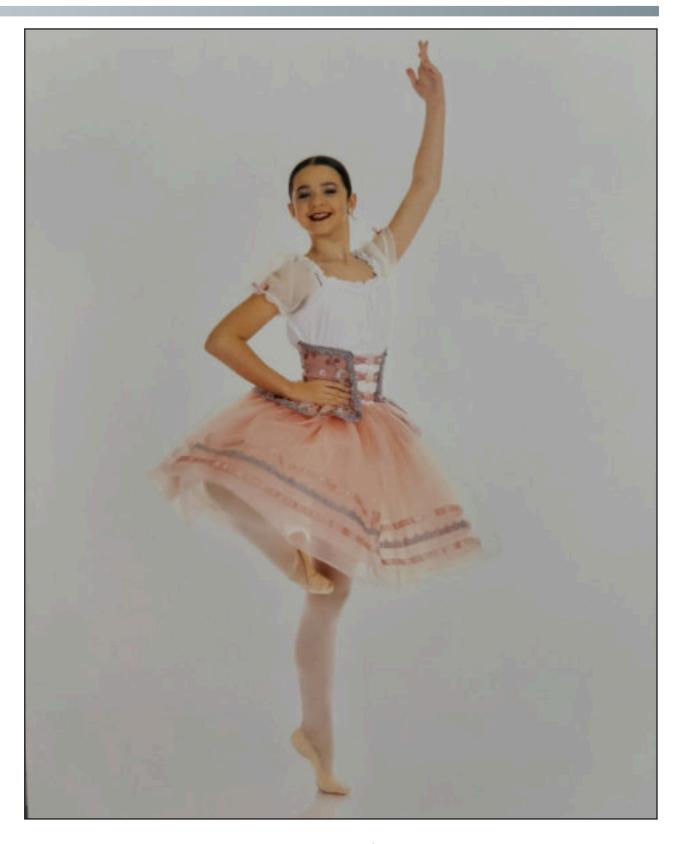
Not only was social media a problem for me but also when growing up in competitions. Everyone in their life when being a competitive dancer can see someone who can do more turns than you or maybe a higher leap than you can do, which causes people to compare themselves to others, which I faced. When I started to compete my solos, I would see a dancer who could turn or leap or had amazing talent and compare myself to them a lot.

Not only was comparing myself to other dancers hard, but I would try to be like someone else that I was not until my amazing dance teacher helped to change my perspective. My dance teacher would have talks with us after every competition and still does to this day about how we shouldn't compare ourselves to other dancers because we should be confident in our own ways which I truly believe dancers should listen to and follow when growing up in the dance world.

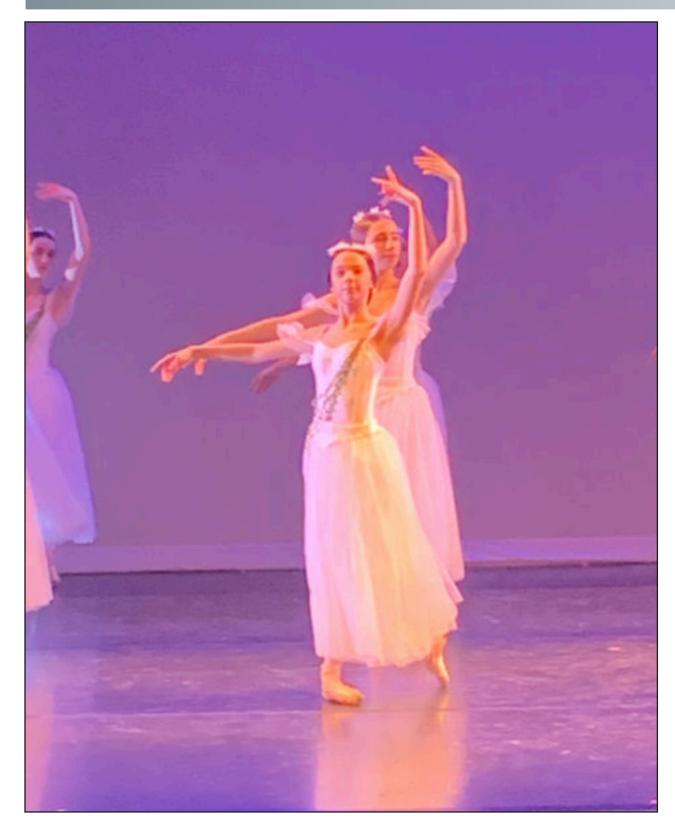


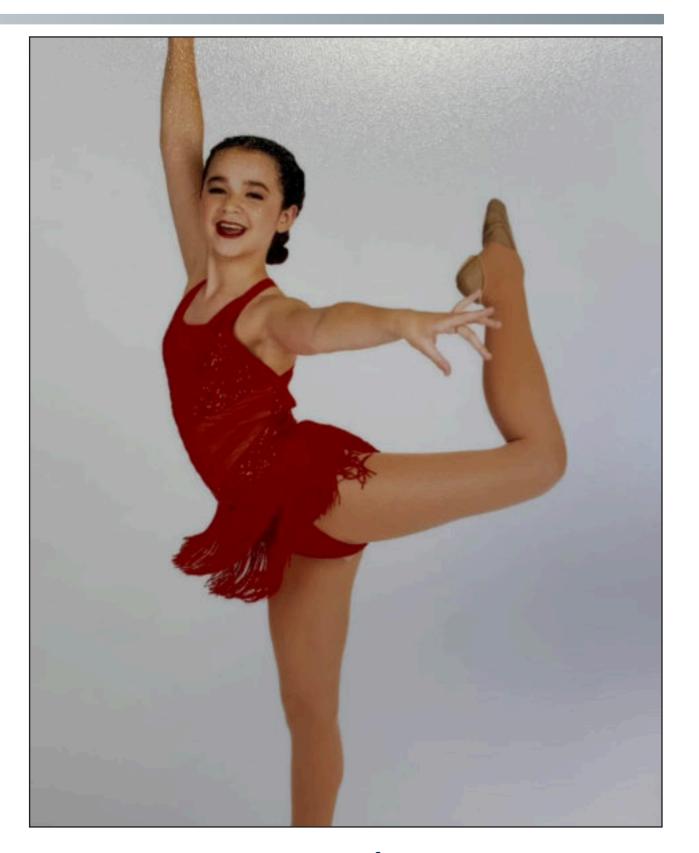
Ava Pantig





Ava Pantig





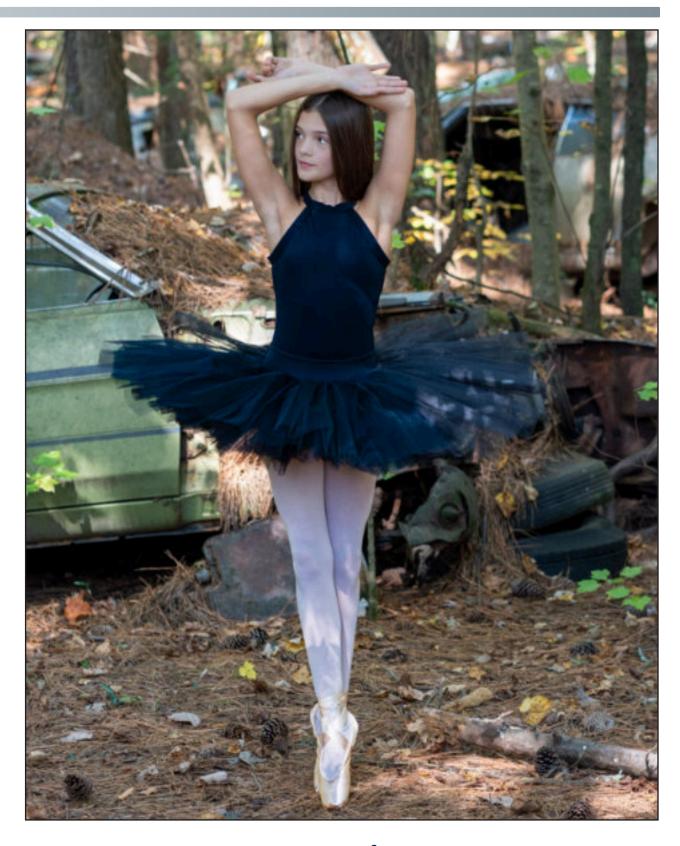
Bella Y

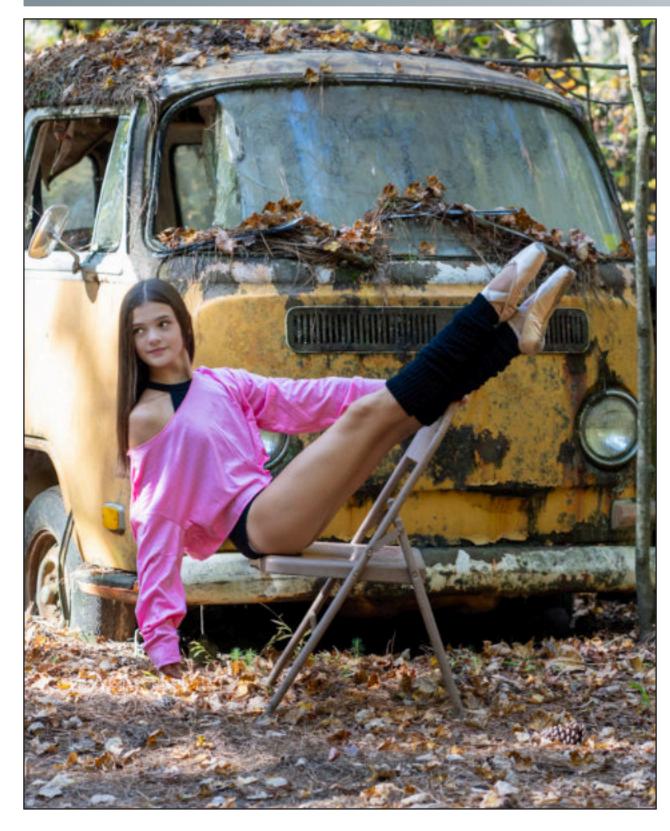
My name is Bella, and dance is my passion. It's where I feel most like myself—free, confident, and truly at home. Being part of my dance family means everything to me; it's more than just a team—it's my second home. One day, I

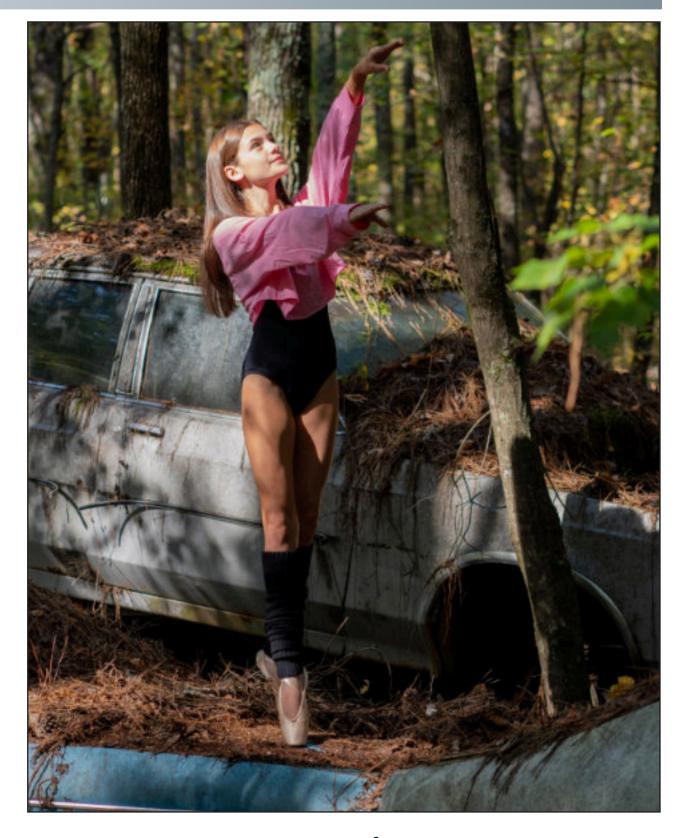
hope to inspire and support other dancers on their journeys, helping them grow and believe in themselves.

Photos Credits: Noir Luxe Photography



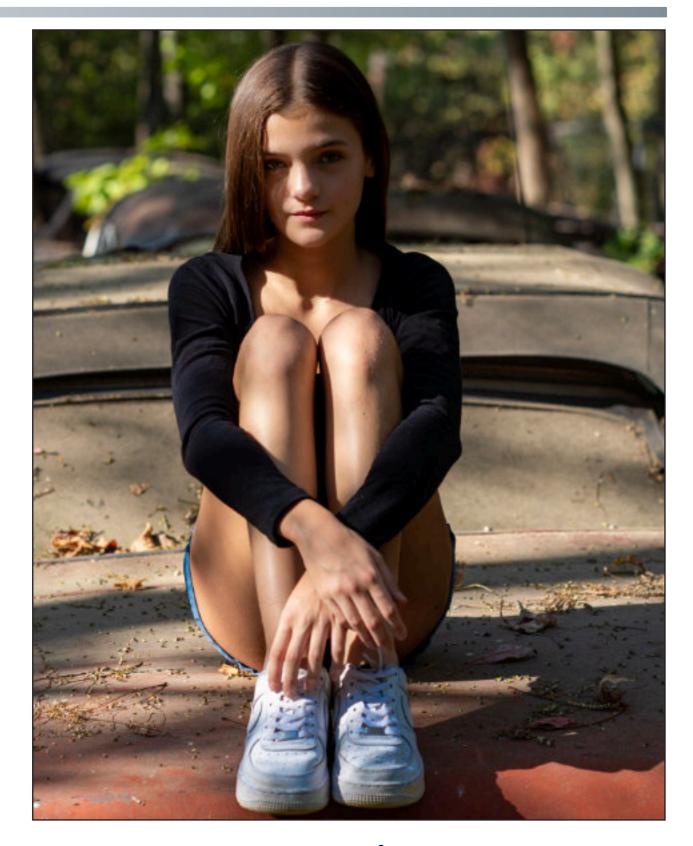






Bella Y



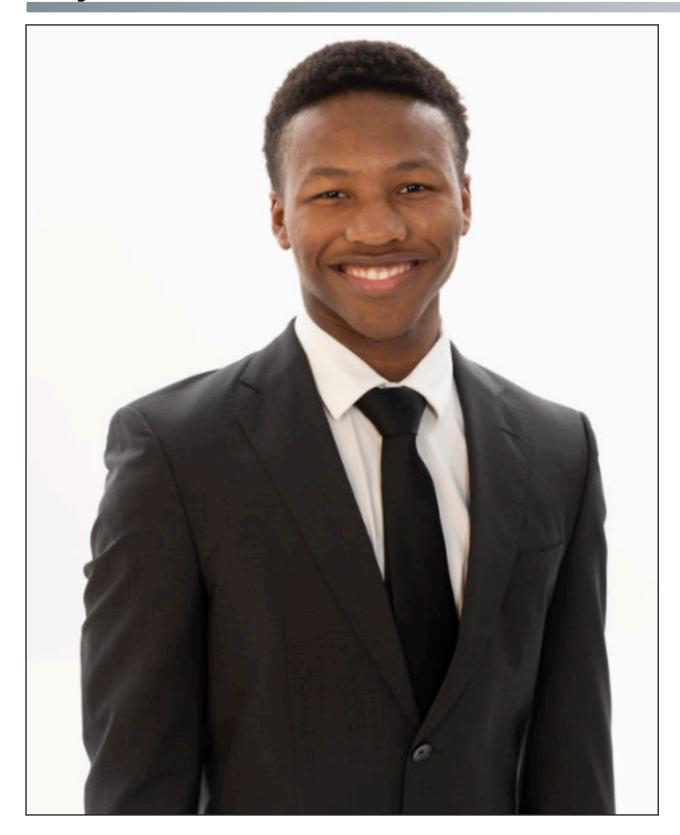


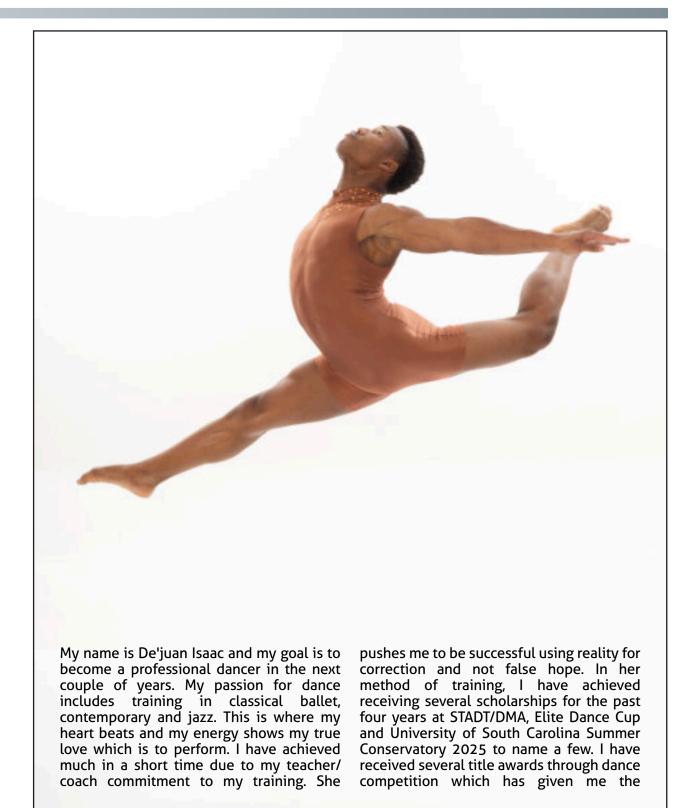
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De'juan Isaac



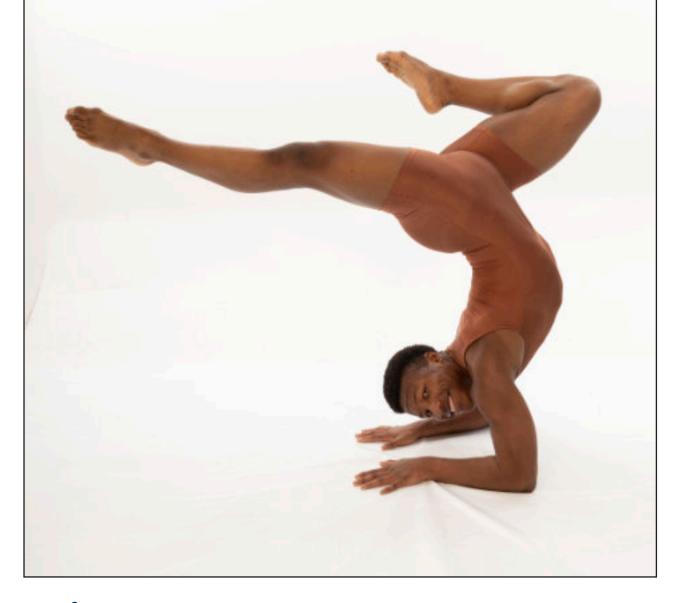


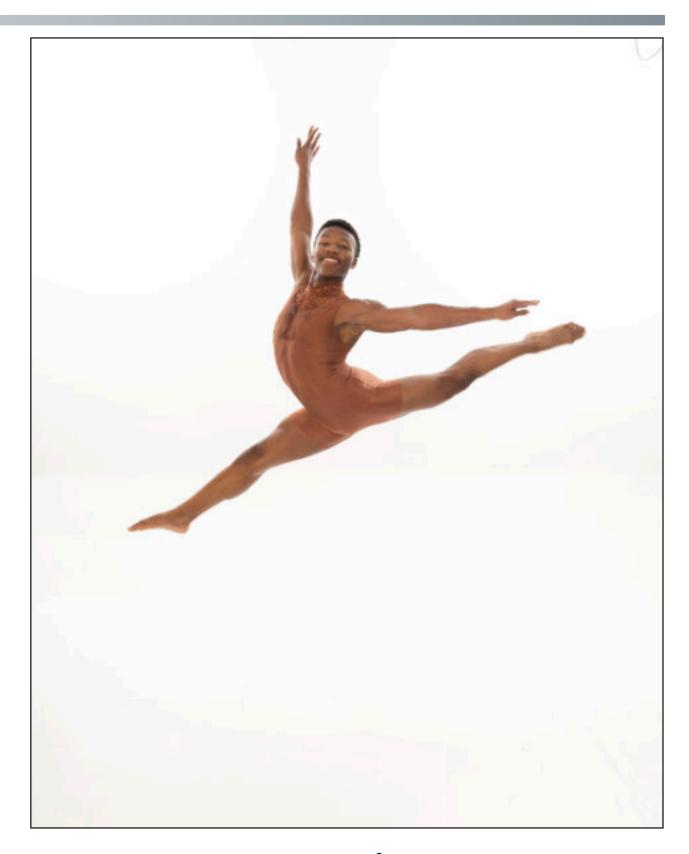
De'juan Isaac

confidence I needed to keep pushing on those challenging days. My story is that I come from a difficult family background who are divorced, several siblings which my mother has a hard time raising all of us under one roof and a father who pays me no under one roof and a father who pays me no mind due to his risky lifestyle. Dancing has pulled all these hardships into place and brings me a positive spirit to grow, develop, and mature in the art of dance. My dance

my future.

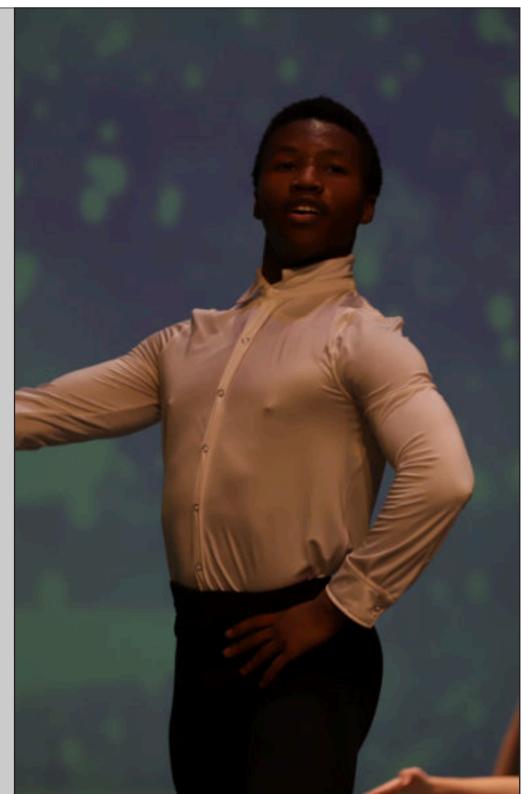
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De'juan Isaac





Margo Haderlie

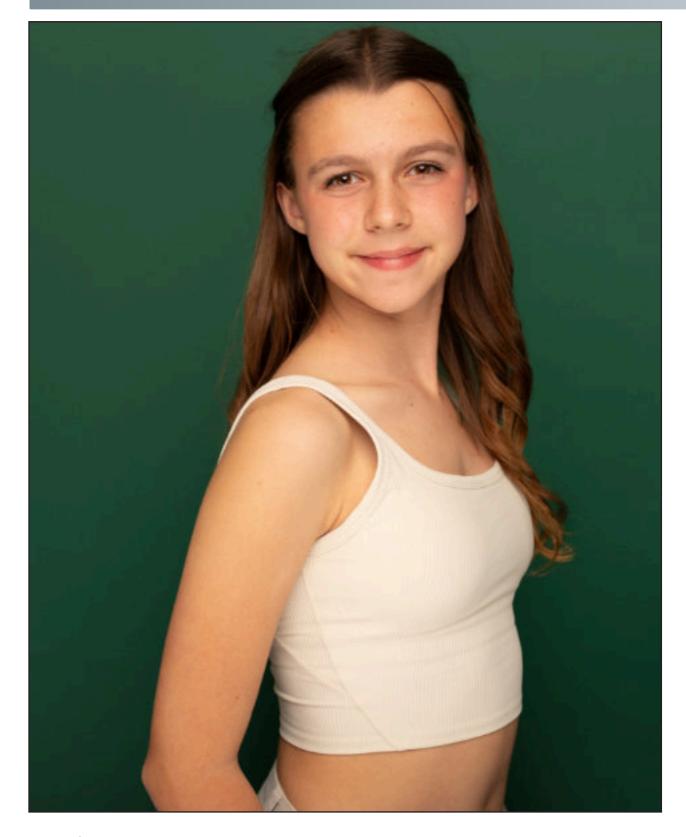
Thirteen-year-old Margo Haderlie from San Clemente, California, is a dancer with a lot of passion and even bigger dreams.

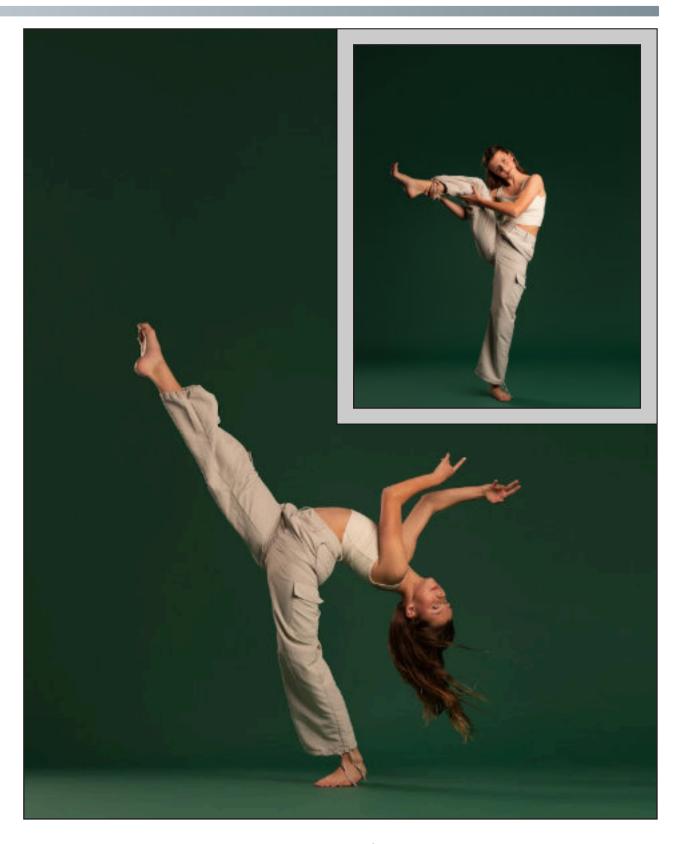
Performing Arts. Margo takes classes in lyrical, contemporary, ballet, jazz, hip hop, and tumbling. She loves learning different styles and expressing herself through





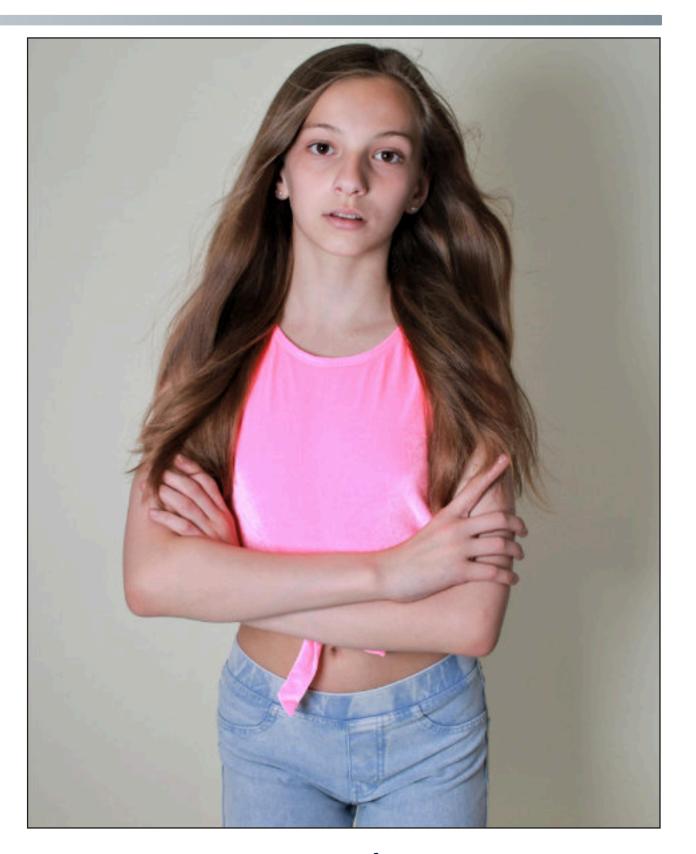
Margo Haderlie



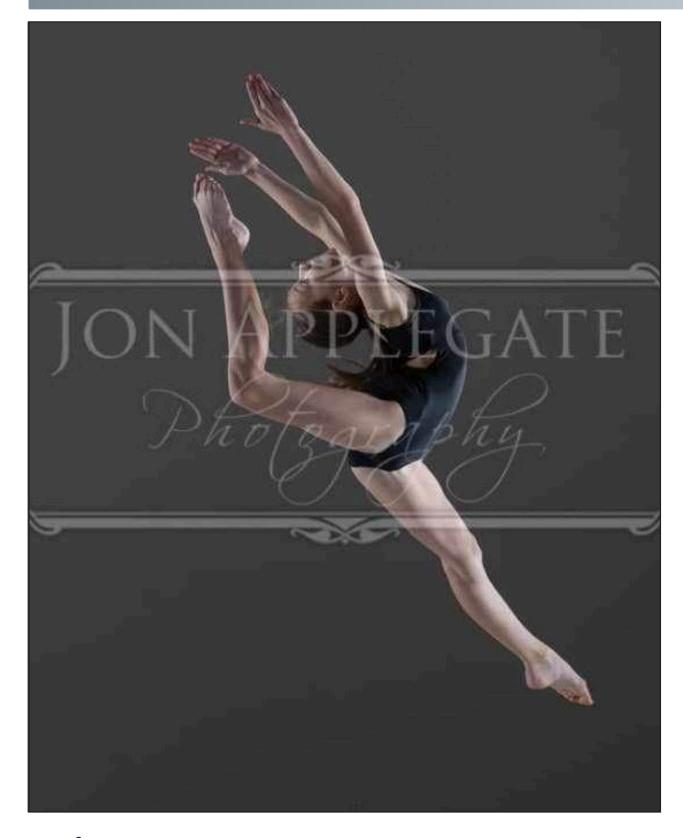


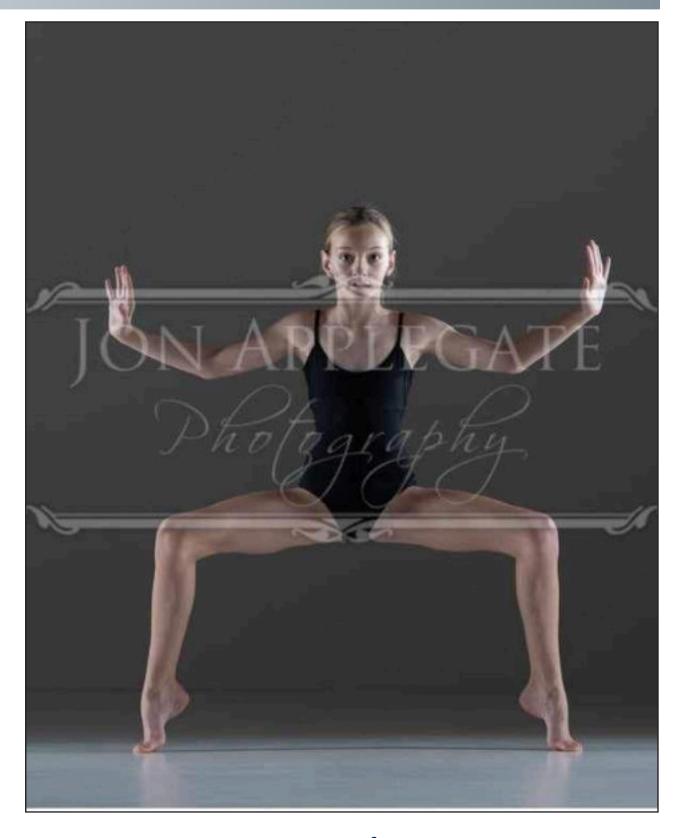
Noemi Tkac





Noemi Tkac





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1 minute de marche depuis la station Beaubien.



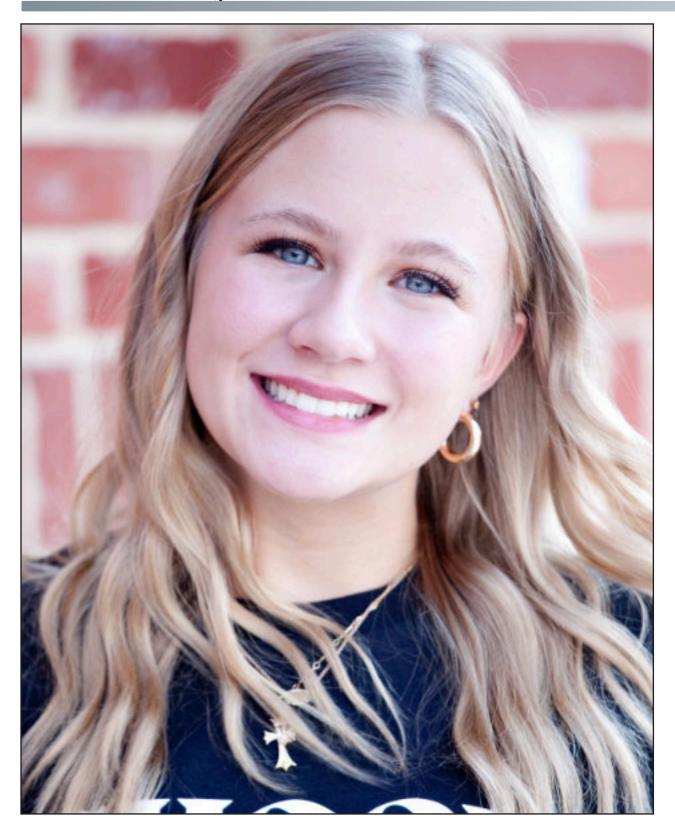
Savourez l'authenticité du Shish Taouk à notre restaurant, situé à seulement 1 minute de marche de la station Beaubien à Montréal.

Leurs délices grillés à la perfection vous transportent directement au cœur de l'orient.

Rejoignez-nous pour une explosion de saveurs méditerranéennes à chaque bouchée!

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My name is Olivia Cooley. I am a competitive dancer at Shock Dance By Lindley. I have danced competitively for ten years. Dance isn't just a hobby for me, it is my life. My dream is to continue dance and teach the art of dance to younger generations to come, and travel the world with dance. Dance has seriously shaped my life. Teaching me discipline, teamwork, and how to express myself. Throughout the years

dance has been an outlet for me to let go and express my emotions. It is where i find peace while also pushing my limits. At Shock Dance I have encountered so so many influences to shape my career with love and passion. I dream to share my passion and love for dance.

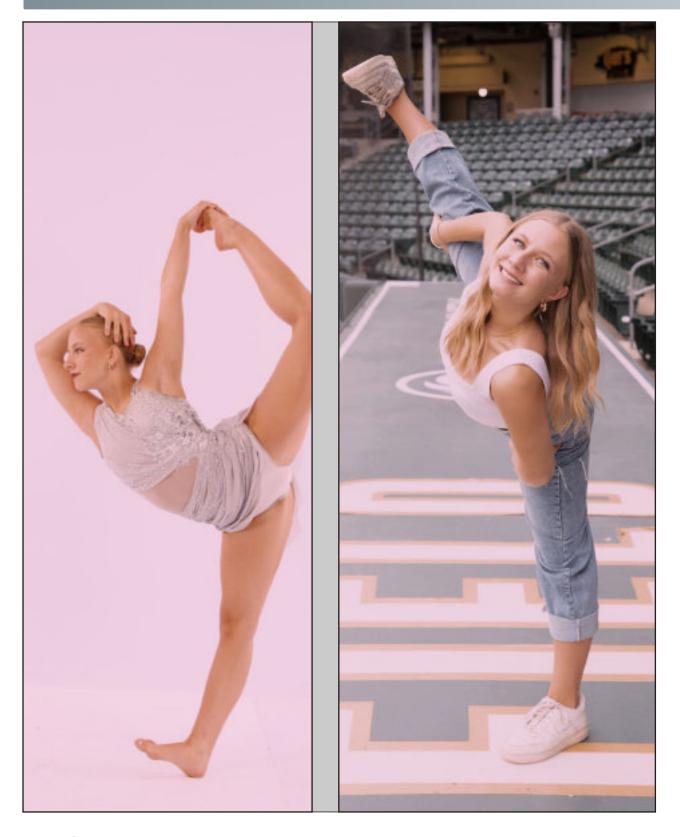
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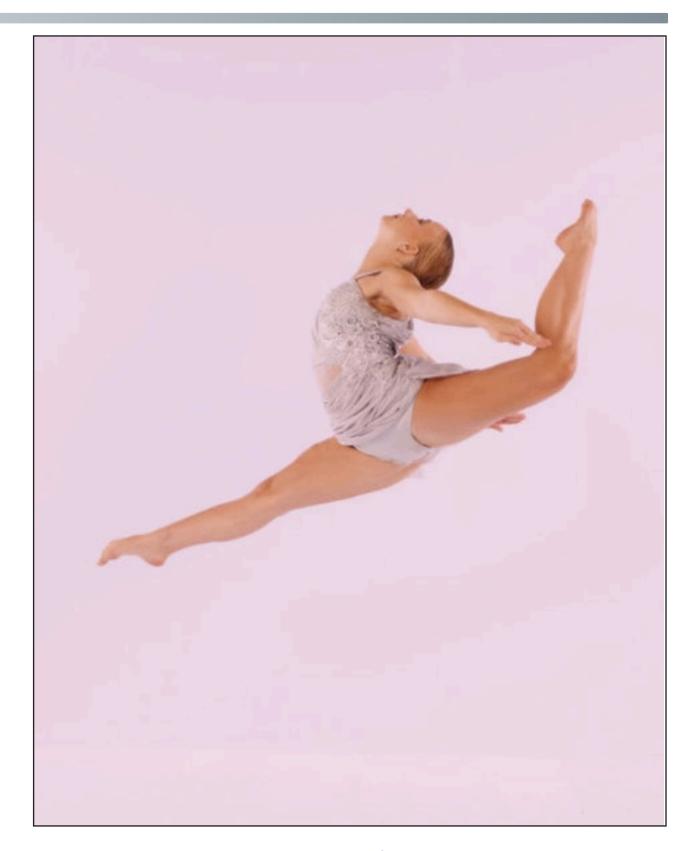




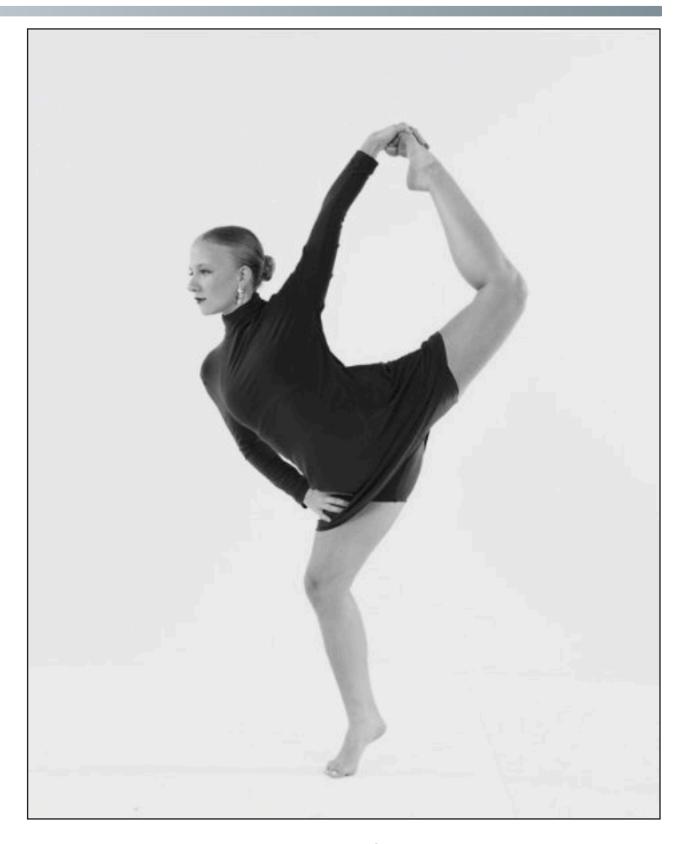












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Starz In Motion Dance Studio



Starz In Motion Dance Studio Celebrates 20 Years of Inspiring Movement and Community

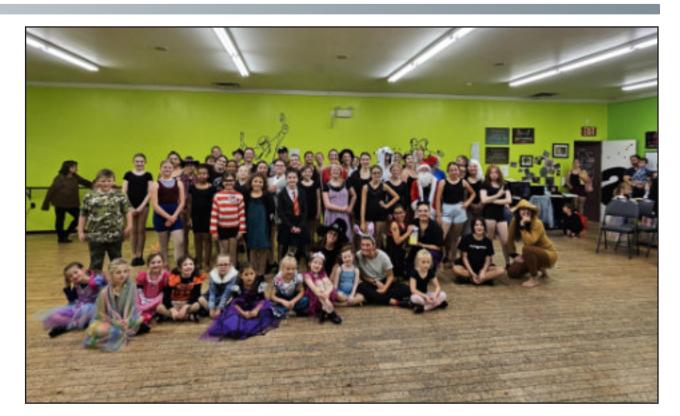
Pembroke, Ontario Canada — Starz In Motion Dance Studio is proudly celebrating 20 years of creativity, dedication, and community spirit. Since opening its doors in 2005, the studio has become a beloved fixture in the local arts scene, offering a wide variety of dance programs for students of all ages and skill levels—from toddlers taking their first steps to senior citizens staying active through the joy of movement.

Over the past two decades, Starz In Motion has grown from a small studio into a vibrant hub of dance education, with both recreational and competitive tracks available. Dancers can

explore a wide range of styles including tap, jazz, ballet, hip hop, lyrical, contemporary, pointe, and musical theatre. The studio's comprehensive curriculum is designed to foster confidence, discipline, and a love for the performing arts.

"We've always believed that dance should be accessible and enriching for everyone," said Chantal van Hoof, founder and director of Starz In Motion. "Whether you're dancing for fun or aiming for the competition stage, there's a place for you here."

In addition to technical training, Starz In Motion has distinguished itself through its deep commitment to community involvement. Dancers regularly participate in local events,





Starz In Motion Dance Studio

fundraisers, outreach performances,

they learn how to give doors. back," added Miss Chantal. "Dance is a For more information powerful way to bring people together, and embraces that."

As part of its 20th anniversary celebration, using their talents to uplift and connect with others.

"Our students not only the studio is planning a series of special events and performances to honor its legacy and the countless dancers who learn how to dance— have walked through its

about Starz In Motion people together, and Dance Studio, including we're so proud to be part class schedules and of a community that enrollment details, visit starzinmotion.ca







Starz In Motion Dance Studio

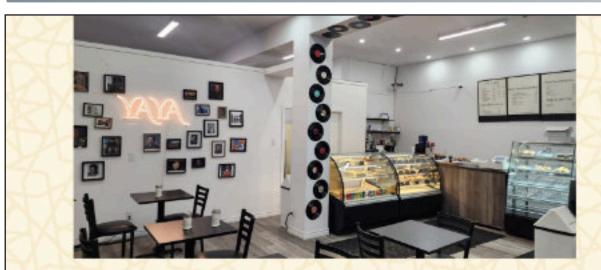








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SOYEZ LES BIENVENUS

3355 RUE JEAN TALON EST MONTREAL, H2A1W6 **OUVERT 7/7 JOUR** DE 10H-22H

I've always wanted to learn ballet so I started Adult Ballet classes five years ago. Ballet helps

to develop and correct everyday posture, improves balance and coordination. It also helps

heighten awareness in body control and movement within daily life.

As a group we performed once a year for a Medal Test I have completed Bronze, Silver and

Gold. I then did a ballet shoot and one of my images has been selected by a well-known

ballerina Kylie Shea, based in New York. She has just published a children's ballet book

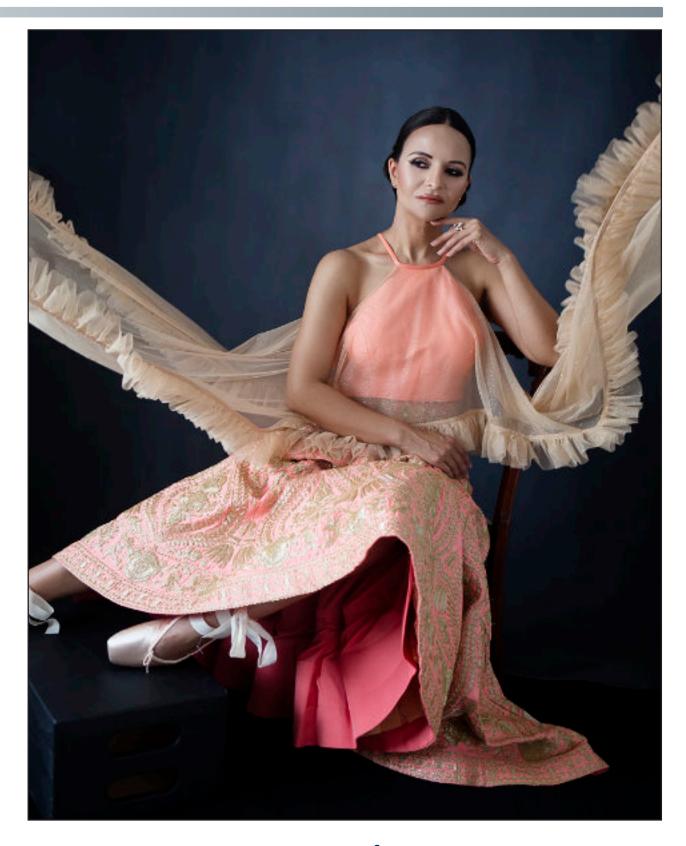
which features one of my images as an illustration.

It's never too late to learn as I started learning ballet as an adult which strengthens muscles, promotes healthy bones and is great for cognitive functions.

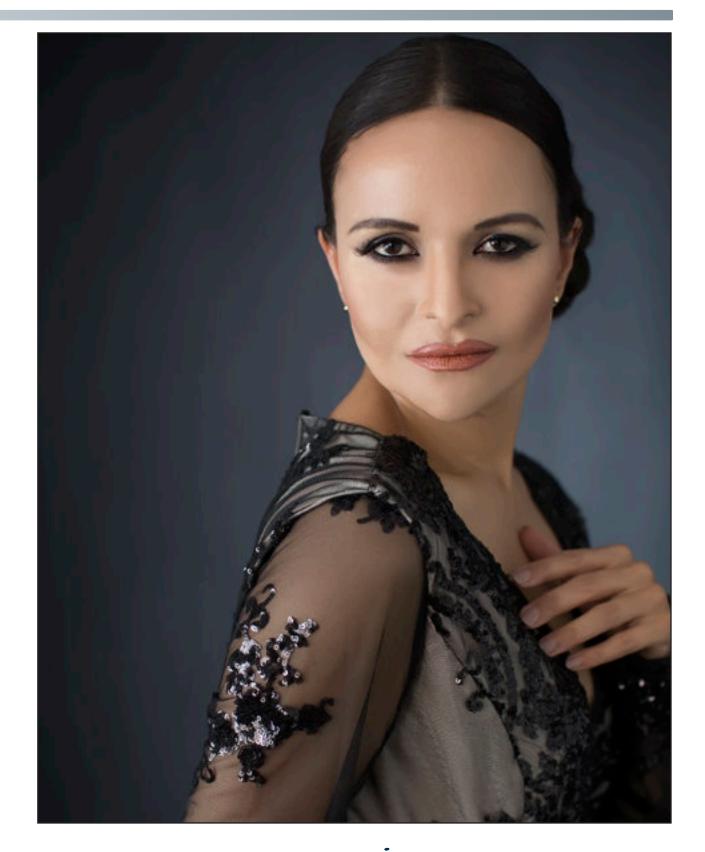
Modelling has helped me to better myself - it requires you to take care of your body, eat properly, and exercise regularly. I practice yoga daily which has helped to build my stamina, determination and patience - traits that I've learned every model needs!

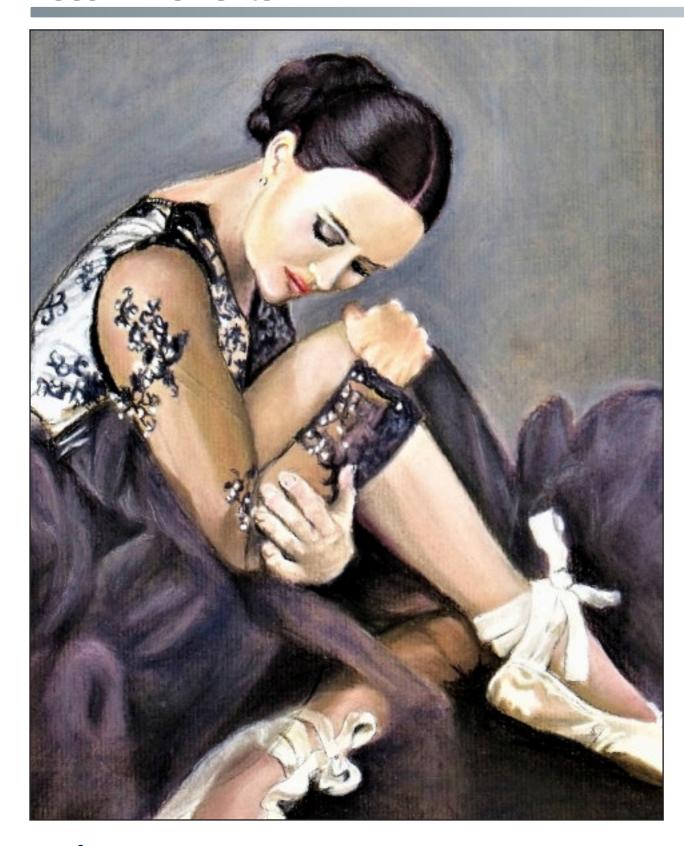
Photos Credits: to follow

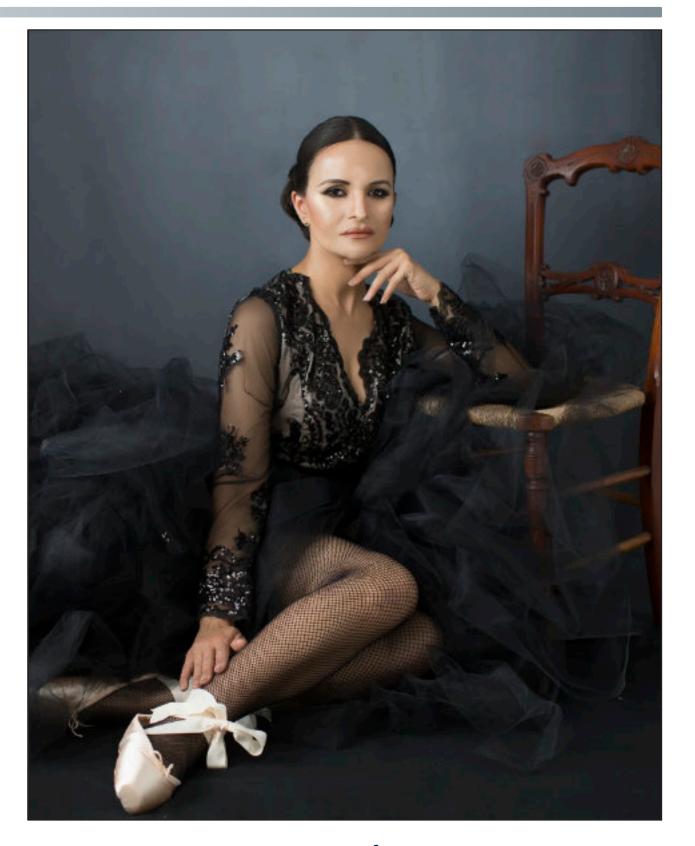






















Xena Pauwels



I was born in Belgium but moved to the United Kingdom for my dance education at the Rambert School of Ballet and Contemporary Dance.

My ultimate dream is to become a professional ballet dancer and to be able to travel the world and perform in multiple theaters!

Photographers Credits: Robert Biesemans





1 MAGAZINE







Noemi Tkac



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