

iCAN DANCE – PROGRAM INFORMATION

About iCan Dance

iCan Dance is an inclusive dance and creative movement program designed for unique bodies and minds. Created by Kira Sophia, this program welcomes dancers of all abilities, including individuals on the autism spectrum, with ADHD, vision impairments, or those who simply prefer a more sensory-friendly, hands-on learning environment.

At iCan Dance, every dancer is valued for who they are. The focus is on joy, self-expression, and building confidence through movement—no matter your starting point or background.

Program Offerings

- *iCan Ballet* – Gentle, supportive ballet training focusing on balance, posture, and grace, with adaptations as needed.
 - *iCan Sing* – Combining music, rhythm, and movement to encourage self-expression and vocal confidence.
 - *iCan Tap* – Fun, rhythmic footwork with tactile and visual cues for accessibility and engagement.
 - *iCan Create* – A blend of dance, improvisation, and play, tailored to individual comfort levels.
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Program Philosophy

iCan Dance is about what you can do, not what you can't. Classes are sensory-aware, adaptable, and participant-centered, ensuring every dancer feels safe, supported, and celebrated. Whether it's building motor skills, exploring artistry, or simply enjoying the joy of movement, iCan Dance is here to make dance accessible for all.

Booking & Participation

iCan Dance programs can be offered in schools, studios, therapy centers, and community spaces. Sessions are tailored to group needs and can be taught one-on-one or in small groups.

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