



EXHALE

WOBURN 2026



www.Exhale-Dance.com



WELCOME TO THE

FAMILY

**Exhale is designed to be a place
where dancers can grow, be
themselves, and leave feeling
empowered.**

CONNECTION

CONFIDENCE

COMMUNITY

LETTER FROM THE

DIRECTOR

Hello!

As we step into another season of Exhale, I want to take a moment to simply say thank you.

Thank you for choosing Exhale to be a part of your dancer's journey. When I started Exhale, I wanted to create something that went beyond dance. Of course, we want dancers to leave feeling inspired, challenged, and excited, but I also wanted to create a space where dancers feel supported as people, not just performers.

Mental health has always been at the heart of Exhale. We believe that conversations about mental health belong in the dance community and that dancers should grow up knowing it is okay to talk about how they feel, ask for help, support one another, and know that their worth extends far beyond a score, placement, or performance.

By dancing with Exhale, they are learning what it means to be part of a community. They are learning to cheer for the dancer next to them, celebrate someone else's success, lead with kindness, and recognize that they have the ability to use something they love to create an impact far beyond the dance floor. Thank you for being part of it.

With love & gratitude,

Gabby



EVENT VENUE

→ INFORMATION

- **Venue: Crowne Plaza (15 Middlesex Canal Park Dr. Woburn, MA 01801)**
- **Parking: On Site (Complimentary)**
- **Location: Grand Ballroom**

MEET YOUR

FACULTY



LILY KATE
HIP HOP



AUSTIN BLAIS
JAZZ FUNK



HANNAH LEBEAU
PRO



DELANEY MENA
TECHNIQUE



NATHAN BEECH
TAP



ELIZABETH
WOODBERRY
BALLROOM

BEFORE YOU



ARRIVE



**WEAR WHATEVER DANCEWEAR
MAKES YOU FEEL COMFORTABLE
AND CONFIDENT.**



LOTS OF WATER + SNACKS



READY TO TRY NEW THINGS

CHECK



IN

- **Pick up your bibs at the registration table**
- **Studios: Please assign a studio representative to pick up bibs**
- **Independents: Parents/ Caregivers may pick up bibs**
- **Observer Bands can be purchased for \$25**



IMPROV

BATTLE

- 
- No extra fee to participate
 - Participation is always encouraged, but we're here to support you wherever you're at
 - One Awarded Per Age Group

**GROUP &
SOLO IMPROV**

**JAZZ +
CONTEMPORARY**

SCHOLARSHIPS &

AWARDS

- **Breath Of Fresh Air Scholarships Per Age Group by Faculty**
- **Awarded to dancers for expressing artistry, supporting peers, exhibiting confidence**
- **Free workshop Tuition to all 2027 events**
- **Empowerment Pack (Assistant Program) Per Age Group by Faculty**
- **Awarded to dancers for ability to quickly pick up/perform choreography, positive leadership, respectful engagement with faculty, optimistic/encouraging attitude**

SCHEDULE



MINI

TIME	MINIS (AGES 4-7)
7:30AM-8:00AM	CHECK IN
8:00AM-8:45AM	HIP HOP WITH LILY KATE
8:45AM-9:30AM	TAP WITH NATHAN
9:30AM-9:45AM	BREAK
9:45AM-10:30AM	JAZZ WITH AUSTIN
10:30AM-11:15AM	PRO WITH HANNAH
11:15AM-11:30AM	IMPROV BATTLE & AWARDS

SCHEDULE

JUNIOR

TIME

JUNIORS (AGES 8-11)

7:30AM-8:00AM

CHECK IN

8:00AM-8:45AM

JAZZ FUNK WITH AUSTIN

8:45AM-9:30AM

HIP HOP WITH LILY KATE

9:30AM-10:15AM

TAP WITH NATHAN

10:15AM-10:30AM

BREAK

10:30AM-11:15AM

TECHNIQUE WITH DELANEY

11:15AM-12:00PM

PRO WITH HANNAH

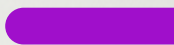
12:00PM-12:30PM

IMPROV BATTLE & AWARDS

SCHEDULE



TEEN



TIME	TEENS (AGES 12 -15)
12:00PM-12:30PM	CHECK IN
12:30PM-1:15PM	HIP HOP WITH LILY KATE
1:15PM-2:00PM	JAZZ FUNK WITH AUSTIN
2:00PM-2:45PM	TAP WITH NATHAN
2:45PM-3:00PM	BREAK
3:00PM-3:45PM	BALLROOM WITH ELIZABETH
3:45PM-4:30PM	PRO WITH HANNAH
4:30PM-5:15PM	TECHNIQUE WITH DELANEY
4:30PM-5:15PM	IMPROV BATTLE & AWARDS

SCHEDULE

SENIOR

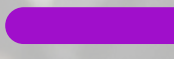
TIME	SENIORS (AGES 16 & UP)
12:00PM-12:30PM	CHECK IN
12:30PM-1:15PM	JAZZ FUNK WITH AUSTIN
1:15PM-2:00PM	HIP HOP WITH LILY KATE
2:00PM-2:45PM	BALLROOM WITH ELIZABETH
2:45PM-3:00PM	BREAK
3:00PM-3:45PM	TAP WITH NATHAN
3:45PM-4:30PM	TECHNIQUE WITH DELANEY
4:30PM-5:15PM	PRO WITH HANNAH
4:30PM-5:15PM	IMPROV BATTLE & AWARDS



REINFORCING



MISSION



**Reducing Stigma & Normalizing
Pediatric Mental Health One
EXHALE At A Time.**

OVER 30K DONATED TO PEDIATRIC MENTAL HEALTH

2026

TOUR

SEPTEMBER 20: NEW BRUNSWICK, NJ

SEPTEMBER 20: WOBURN, MA

SEPTEMBER 27: FORT MYERS, FL

OCTOBER 4: MANCHESTER, NH

OCTOBER 11: PROVIDENCE, RI

OCTOBER 18: PORTLAND, ME

OCTOBER 25: CHARLOTTE, NC

NOVEMBER 1: CHARLESTON, SC

NOVEMBER 8: WASHINGTON, DC

NOVEMBER 15: DALLAS, TX

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