



THE

EXHALE

*Project*



**BENEFIT PERFORMANCE**

*May 22nd, 2022*

**SHOW 1: 2:30PM**

**SHOW 2: 5:30PM**

# ABOUT US

THE EXHALE PROJECT IS A BENEFIT PERFORMANCE THAT COMBINES A PASSION FOR DANCE WITH MAKING STRIDES IN THE WORLD OF PEDIATRIC MENTAL HEALTH. THE EXHALE PROJECT WAS CREATED TO HELP TEACH DANCER'S THE IMPORTANCE OF COMMUNITY RESPONSIBILITY.

# **THANK YOU FOR JOINING US!**

**CURTAIN CALL PERFORMING ARTS ACADEMY**

**DANCE STEPS ETC**

**EAST COAST DANCE COMPLEX**

**ELEVATE DANCE CENTER**

**LEFTON DANCE COMPLEX**

**KATHY BLAKE DANCE STUDIOS**

**THE DANCERS CORNER AT TKB**

**THE MOVEMENT BOX DANCE STUDIO**

**Y DANCE IN MOTION**

# **THANK YOU FOR JOINING US!**

**LIANA DEMERS**

**AISLINN HALVONIK**

**AIVY HALVONIK**

**MAY KITTREDGE**

**ELLIE LANGILLE**

**KYLIE LAROCHE**

**KENDALL LAROCHE**

**ALEXA NGHIEM**

**REILLY O'NEILL**

# EVENT BENEFICIARY

PROCEEDS WILL BE DONATED TO:



The Youth  
Council

TO LEARN MORE, PLEASE VISIT

[HTTPS://TYCNH.ORG/](https://tycny.org/)



# SHOW 1: 2:30PM- 1ST

**EASE ON DOWN-DANCE STEPS ETC:** TARYN AUGUSTA, LEXIE CARON, ADDISON CLARK, SHELBY CLARK, VERA LITTLEFIELD, CASS MARTEL, OLIVIA PELLETIER JAMIE TISBERT

**NESSUN DORMA-INDEPENDENT:** LIANA DEMERS

**NEW BEGINNINGS-ELEVATE DANCE CENTER:** DEVYN ALANTZAS, OLIVIA BASILE, LILA CONNOLLY, TAYLOR COOLIDGE, LINDSEY DOLAHER, MADELINE FRIIS, ABIGAIL RAINSFORD, TIA SPEROPOLOUS

**CHEERLEADER-LEFTON DANCE COMPLEX:** BROOKLYN ZOMBERG

**CONSIDER THE LILIES-THE MOVEMENT BOX DANCE STUDIO:** MARILYN BAILEY

**STAYIN' ALIVE-THE DANCER'S CORNER AT TKB:** VALENTINA AVENDANO, DELANEY DUNN, SHANNON KELLY, AND KARENNA RUSSELL

**HERO-LEFTON DANCE COMPLEX:** EVERLY WALSH

**LEAVE A LIGHT ON-DANCE STEPS ETC:** ADDISON CLARK, TARYN AUGUSTA

**TRASH IN THE CAMP-THE MOVEMENT BOX DANCE STUDIO:** OAKLEN SANTANA

**BE KIND- INDEPENDENT:** ELLIE LANGILLE

**ITTY BITTY PRETTY ONE- THE MOVEMENT BOX DANCE STUDIO:** MYLA SANTANA

**GITCHEE GITCHEE GOO-THE DANCER'S CORNER AT TKB:** ABBY COOK, SCARLET FOLEY, ELSIE LUTKEVICH, ABIGAIL MAKHLOUTA

**BREAKAWAY-LEFTON DANCE COMPLEX:** QUINN ZOMBERG

**ONCE UPON A TIME-THE MOVEMENT BOX DANCE STUDIO:** MARILYN BAILEY, CHARLOTTE CAHILL, MIA GRILLO

**INTERMISSION**

# SHOW 1: 2:30PM-2ND

**BRAIN DAMAGE-ELEVATE DANCE CENTER: JESSIE CHADWICK**

**EVERYBODY LOVES YOU-THE DANCER'S CORNER AT TKB: VALENTINA AVENDANO, SHANNON KELLY**

**SMOOTH CRIMINAL- INDEPENDENT: ELLIE LANGILLE**

**YOUTH-DANCE STEPS ETC.: TARYN AUGUSTA, ADDISON CLARK, VERA LITTLEFIELD, CASS MARTEL**

**DREAM IN COLOR-LEFTON DANCE COMPLEX: ELLIE ZOMBERG**

**TOM SAWYER-ELEVATE DANCE CENTER: NATALIE CHADWICK**

**ALMOST THERE-THE MOVEMENT BOX DANCE STUDIO: ALESSANDRA SALLESE**

**LIKE A BIRD-LEFTON DANCE COMPLEX: EVERLY WALSH, QUINN ZOMBERG**

**LE JAZZ HOT-ELEVATE DANCE CENTER: MADISON SOLOPOULOS**

**THE OTHERSIDE-INDEPENDENT: LIANA DEMERS**

**THE VILLAGE-DANCE STEPS ETC.: CASS ,MARTEL**

**LIKE YOU-THE MOVEMENT BOX DANCE STUDIO: ISABEL WALKER**

**I'M AVAILABLE- ELEVATE DANCE CENTER: MAGGIE MCVOY**

**TRAITOR-THE MOVEMENT BOX DANCE STUDIO: STELLA SKINNER**

**SHE USED TO BE MINE-DANCE STEPS ETC: TARYN AUGUSTA, LEXIE CARON, ADDISON CLARK, CASS MARTEL**

**RUNNING WITH THE WOLVES-THE MOVEMENT BOX DANCE STUDIO: PIPER RICHARDSON**

**THIS GIRL IS ON FIRE- THE MOVEMENT BOX DANCE STUDIO: MIKA SHOSA**

# SHOW 2: 5:30PM-1ST

**SINGING IN THE RAIN-CURTAIN CALL PERFORMING ARTS:** TORYN GODDARD, AVERY GLIDDEN, ANGELA HEBERT, KAYLYNN HEBERT, ZOEY LAFLAMME, GIDEON LAFLAMME, LUNA LAFLAMME, JILLIAN LUDERS,

**HIGH HOPES-INDEPENDENT:** AIVY HALVONIK

**SOMETHING'S GOT A HOLD ON ME-Y DANCE IN MOTION:** MARGARET BARKER, KENZY BIBAWI, FIONA CORBETT, AUDRA HAMELIN, KATELYN KRISAK, JOSIANNY RAMOS RUANO, JOELLE SCHNYER, KAITLYN VADNEY, ASHLEY VAN VALKENBURG, ZOSIA YELLIN, ZIPPY YELLIN

**HAUNTED- INDEPENDENT:** AISLINN HALVONIK

**SOMEONE LIKE YOU-INDEPENDENT:** KYLIE LAROCHE

**DIAMONDS-KATHY BLAKE DANCE STUDIOS:** ANYA ZOLTKO

**I'LL STAND BY YOU-EAST COAST DANCE COMPLEX:** HAZEL HUBBARD, MAIYA MARTE, AUTUMN STROTHER,

**RAIN-KATHY BLAKE DANCE STUDIOS:** SOFIA BERGSKAUG

**HIT THE ROAD JACK-INDEPENDENT:** KENDALL LAROCHE

**LEO RISING-INDEPENDENT:** MAY KITTREDGE

**KING OF NEW YORK-CURTAIN CALL PERFORMING ARTS:** ANGELA HERBERT, GIDEON LAFLAMME, JILLIAN LUDERS

**THE STRUGGLE WITHIN-KATHY BLAKE DANCE STUDIOS:** GRACIE DOWD

**DREAM-KATHY BLAKE DANCE STUDIOS:** TESS BROWN

**BRAVE-CURTAIN CALL PERFORMING ARTS:** KAYLYNN HEBERT, LUNA LAFLAMME

**ICON-INDEPENDENT:** ALEXA NGHIEM

**DANCING QUEEN-Y DANCE IN MOTION:** KATARINA CAPRIOTTI, MOLLY DUCEY, KARINA LOPEZ, ELLA WHARTON, ZOSIA YELLIN

**RESPECT-EAST COAST DANCE COMPLEX:** AUBREY BEHL, CLARA GATES, ELIZA SANDERS, SHELBY SAVOIE, LILIANA SNELSON,

**INTERMISSION**



# SHOW 2: 5:30PM-2ND

**COLORS OF THE WIND-CURTAIN CALL PERFORMING ARTS:** ZOOEY LAFLAMME, LUNA LAFLAMME, KAYLYNN HEBERT, AVERY GLIDDEN, TORYN GODDARD

**CAN'T TAKE MY EYES OFF YOU-INDEPENDENT:** REILLY O'NEILL

**CHASING CARS-Y DANCE IN MOTION:** KATARINA CAPRIOTTI, FIONA CORBETT, KATELYN KRISAK, JOSIANNY RAMOS RUANO, ELLA WHARTON, ZIPPY YELLIN,

**ASHES- INDEPENDENT:** KENDALL LAROCHE

**WITH AND WITHIN- INDEPENDENT:** MAY KITTREDGE

**BOM BOOM- INDEPENDENT:** AISLINN HALVONIK

**DO YOU BELIEVE IN MAGIC-EAST COAST DANCE COMPLEX:** EMMALYN EMERSON, MARLIA GUTIERREZ, WILLA LEBOR, EMILY REDIMARKER

**NOTHING FEELS BETTER-KATHY BLAKE DANCE STUDIOS:** EMILY MENEZES

**BLEED OUT-KATHY BLAKE DANCE STUDIOS:** EMME HAVILAND

**LE JAZZ HOT-INDEPENDENT:** KYLIE LAROCHE

**SIX-CURTAIN CALL PERFORMING ARTS:** KAYLYNN HEBERT, AVERY GLIDDEN, TORYN GODDARD, LUNA LAFLAMME, ZOOEY LAFLAMME

**FINA LINE-Y DANCE IN MOTION:** KENZY BIBAWI, FIONA CORBETT, AUDRA HAMELIN, KATELYN KRISAK, JOELLE SCHNYER, KAITLYN VADNEY, ZIPPY YELLIN

**AFRAID OF CHANGING-INDEPENDENT:** ALEXA NGHIEM

**NEVERLAND GROUP-Y DANCE IN MOTION:** MOLLY DUCEY, NATALIE FLUET, AINSLEY MANSFIELD, AND ROSLYN MULCAHY

**WIND BENEATH MY WINGS-EAST COAST DANCE COMPLEX:** REESE CARPENTER, ELLA FORD, HAZEL HUBBARD, JADYN KEYES, ABBY LANCASTER, MAIYA MARTE, AUTUMN STROTHER, LINDSAY WHITE

# EVENT SPONSOR



## OUR MISSION

Y Dance In Motion is a studio conveniently located within the walls of the YMCA of Greater Nashua. Our mission at Y Dance In Motion is to instill a love of dance, encourage self-confidence, and create long lasting friendships.

**DANCE.**  
**INSPIRE.**  
**EMPOWER.**

FOR MORE INFORMATION,  
SCAN BELOW



# CONVENTIONS 2021

JOIN US FOR AN EMPOWERING DAY OF  
CLASSES:

SEPTEMBER 25TH- BOSTON, MA AREA

OCTOBER 2ND- NASHUA, NH AREA

# CONTACT US

TO LEARN MORE ABOUT EXHALE:

PLEASE VISIT:

[WWW.EXHALE-DANCE.COM](http://WWW.EXHALE-DANCE.COM)



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