

**The Five Pillars**  
**“Choreography: Connecting the Heart and the Word”**  
**Basics of Choreography & Movement Language for Increased Expression**

**Instructor:** Apostle Sumaya A. White PT, MSPT – Choreography and Movement Expert

**Instructor brief bio:** Sumaya A. White PT, MSPT known for her teaching, choreographic visions and skills around the world; as a trained dancer began directing dance ministry in 1993 under Bishop G.A. Thompson, Boston, Ma and has since never looked back. Over the past 25+ years of leading in ministry, Apostle Sumaya has lead and choreographed for individuals and for teams of 150+, for numerous community events/conferences and has poured into countless dance ministries and movement arts ministers not only in her home region of New England but throughout the world including countries like; Costa Rica, Trinidad & Tobago, Anguilla and most recently 2 back to back trips to Nigeria to teach at the Society for Performing Arts Nigeria. This journey in Nigeria allowed Sumaya’s choreography to be witnessed live by 600,000+ people at one of the world’s largest outdoor Christian concerts. Sumaya’s Moves of God Trilogy; Book, DVD and Workbook have traveled ahead of her to new states countries she has yet to impact. [www.SumayaWhite.com](http://www.SumayaWhite.com); @SumayaWhite - Instagram; Sumaya White – Facebook; SumayaCourses@gmail.com

**Course Description:** An online course designed for Movement Arts Ministers and Choreographers at all levels. This 6-week course will include live and pre-recorded sessions that will expand the movement artists understanding, expression and capacity of movement while simultaneously reconnecting their heart to the source of all creativity and movement in their relationship with God and His matchless Word.

**Course Objectives:**

- 1) A greater passion for God
- 2) An increased love and need for the Word of God
- 3) A magnified connection of the Living Word and the Living Body
- 4) Establishment of some of the Fundamentals of Movement
- 5) Beginning expansion of the students Movement Language
- 6) Understanding and application of Choreographic Intent (Moving with Purpose)

**Course Structure:**

6 closely consecutive Sunday’s 6:30pm (EST) – 8pm (EST)  
Students will participate in 6 live online classes via ZOOM. There will also be “Growth-work” assignments to be completed and turned in.

**Instructor Office Hours & Contact information:**

Wednesday’s 5:30pm-7:00pm EST (alternative times can be requested via email or text)  
[SumayaCourses@gmail.com](mailto:SumayaCourses@gmail.com), 617-216-2311

**Course Cost & Frequency:**

This 6 week course is \$149.00 and will be offered cyclically beginning May 17, 2020  
Upon completion students will receive a certificate of completion.

**Week 1 – Live Class**

Intro & Foundational understandings: Movement Arts Ministry, Choreography, Choreographic Process

“The Body – Feet Study”

**Week 2 – Live Class**

Levels, Staging & Spacing

“The Body – Feet Study Continued”

**Week 3 - Live Class**

Expansion of your Movement Capacity – Based on your heart connection with God

“The Body – Head Study”

**Week 4 – Live Class**

Directions, Locomotion & Non-Locomotion Movement

“The Body – Head Study Continued”

**Week 5 – Live Class**

Expansion of your Movement – Based on your Capacity with the Word of God

“The Body – Hand Study”

**Week 6 – Live Class**

**Final Class:** Movement Arts Ministers’ **R.I.P.** Wield it carefully...

“The Body – Eye Study”