

Read free Trailblazer the story of ballerina raven wilkinson (Download Only)

Trailblazer The Wind at My Back Life in Motion Misty Copeland Ready to Fly: How Sylvia Townsend Became the Bookmobile Ballerina Misty Copeland: Prima Ballerina 10 at 10 Little Leaders: Bold Women in Black History An Other's Mind Ballerina Body Obituaries in the Performing Arts, 2018 Misty Copeland Milestones in Dance History Understanding the Social and Emotional Lives of Gifted Students Milestones in Dance in the USA Dance Pedagogy for a Diverse World The Color of Culture Night's Dancer Misty Copeland A Black Woman Did That Enacting Others Women and Dance Women in Arts and Entertainment Asian American Soul Real Kids, Real Stories, Real Challenges No Laughing Matter Wish We Knew What to Say Ethical Problem-Solving and Decision-Making for Positive and Conclusive Outcomes Firebird The Story of Misty Copeland The Secret Origins of Black Americans : Preserving History Ethnicity, and Culture in the Face of an Ethnocide by Eurocentrists and Afrocentrists Black Women in America Life in Motion The Swans of Great Leadership Nourishing Dance

Trailblazer 2018-01-16 this beautiful picture book tells the little known story of raven wilkinson the first african american woman to dance for a major classical ballet company and an inspiration to misty copeland when she was only five years old her parents took her to see the ballet russe de monte carlo raven perched on her crushed velvet seat heard the tympani and cried with delight even before the curtain lifted from that moment on her passion for dance only grew stronger no black ballerina had ever danced with a major touring troupe before raven would be the first raven wilkinson was born on february 2 1935 in new york city from the time she was a little girl all she wanted to do was dance on raven s ninth birthday her uncle gifted her with ballet lessons and she completely fell in love with dance while she was a student at columbia university raven auditioned for the ballet russe de monte carlo and was finally accepted on her third try even after being told she couldn t dance with them because of her skin color when she started touring with her troupe in the united states in 1955 raven encountered much racism in the south but the applause alongside the opportunity to dance made all the hardship worth it several years later she would dance for royalty with the dutch national ballet and regularly performed with the new york city opera until she was fifty this beautiful picture book tells the uplifting story of the first african american woman to dance for a major classical ballet company and how she became a huge inspiration for misty copeland theodore taylor iii s unique heavy line style of illustration brings a deeper level of fluidity and life to the work and misty copeland s beautifully written foreword will delight ballet and dance fans of all ages

The Wind at My Back 2022-11-15 from celebrated ballerina and new york times bestselling author misty copeland a heartfelt memoir about her friendship with trailblazer raven wilkinson which captures the importance of mentorship shared history and honoring the past to ensure a stronger future misty copeland made history as the first african american principal ballerina at the american ballet theatre her talent passion and perseverance enabled her to make strides no one had accomplished before but as she will tell you achievement never happens in a void behind her supporting her rise was her mentor raven wilkinson raven had been virtually alone in her quest to breach the all white ballet world when she fought to be taken seriously as a black ballerina in the 1950s and 60s a trailblazer in the world of ballet decades before misty s time raven faced overt and casual racism hostile crowds and death threats for having the audacity to dance ballet the wind at my back tells the story of two unapologetically black ballerinas their friendship and how they changed each other and the dance world forever misty copeland shares her own struggles with racism and exclusion in her pursuit of this dream career and honors the women like raven who paved the way for her but whose contributions have gone unheralded she celebrates the connection she made with her mentor the only teacher who could truly understand the obstacles she faced beyond the technical or artistic demands a beautiful and wise memoir of intergenerational friendship and the impressive journeys of two remarkable women the wind at my back captures the importance of mentorship of shared history and of respecting the past to ensure a stronger future

Life in Motion 2016-12-06 determination meets dance in this middle grade adaptation of the new york times bestselling memoir by the first african american principal dancer in american ballet theatre history misty copeland as the first african american principal dancer at the american ballet theatre misty copeland has been breaking down all kinds of barriers in the world of dance but when she first started dancing at the late age of thirteen no one would have guessed the shy underprivileged girl would one day make history in her field her road to excellence was not easy a chaotic home life with several siblings and a single mother was a stark contrast to the control and comfort she found on stage and when her home life and incredible dance promise begin to clash misty had to learn to stand up for herself and navigate a complex relationship with her mother while pursuing her ballet dreams life in motion is a story for all the kids who dare to be different dream bigger and want to break stereotypes in whatever they do

Misty Copeland 2017-07-15 misty copeland is probably the most famous ballerina in the world she didn t begin dancing until age thirteen but she quickly surpassed all her peers to be declared a prodigy her hard work and talent have landed her the career of a lifetime through engaging text and quotes from the dancer readers will learn about copeland s life hardships and accomplishments full color photos from throughout copeland s life will give readers insight into the dancer s personal life and career the glossary helps readers learn new vocabulary while further reading encourages deeper exploration into the world of dance

Ready to Fly: How Sylvia Townsend Became the Bookmobile Ballerina 2020-07-07 lyrical inspiring and affecting text paired with bright appealing illustrations make ready to fly perfect for aspiring ballerinas everywhere who are ready to leap and to spread their wings ready to fly is the true story of sylvia townsend

an african american girl who falls in love with ballet after seeing swan lake on tv this nonfiction picture book is an excellent choice to share at home or in the classroom although there aren't many ballet schools that will accept a girl like sylvia in the 1950s her local bookmobile provides another possibility a librarian helps sylvia find a book about ballet and the determined seven year old with the help of her new books starts teaching herself the basics of classical ballet soon sylvia learns how to fly how to dance and how to dare to dream includes a foreword from sylvia townsend a brief history of the bookmobile an author's note and a further reading list

Misty Copeland: Prima Ballerina 2021-08-31 themes biography ballet inspiration misty copeland has faced many challenges in her life from starting dance at a late age and not having a typical dancer's body type to growing up with abuse and poverty her journey to becoming the american ballet theatre's first black prima ballerina has not been easy driven by her passion for dance copeland continues inspire change in the world of ballet blue delta bookstm a hi lo bookstm biography series tell the stories of people who have changed our world in profound ways this series features a diverse group of people some are more well known than others but all deserve to be highlighted for the positive impact they have had each blue delta book features full color images on every page and tells the person's story from childhood throughout their life these books are sure to inspire young teen readers each book is 48 pages long

2007-11 2000 2001

10 at 10 2022-04-05 audrey hepburn roberto clemente albert einstein kids know the names but do they know what some of history's most famous figures were like at the age of ten carlyn beccia presents ten brief and beautifully illustrated biographies to give young readers a fresh look at the lives of people they may only know through history books colorful timelines provide context and add additional details about these extraordinary lives

Little Leaders: Bold Women in Black History 2018-03-01 meet the little leaders they're brave they're bold they changed the world new york times bestseller featuring 40 trailblazing black women in the world's history this book educates and inspires as it relates true stories of women who broke boundaries and exceeded all expectations debut author/illustrator vashti harrison pairs captivating text with stunning illustrations as she tells the stories of both iconic and lesser known female figures of black history including nurse mary seacole politician diane abbott mathematician katherine johnson singer shirley bassey among these biographies readers will find heroes role models and everyday women who did extraordinary things

An Other's Mind 2011-01-14 an other's mind is a landmark and brilliant piece of research on social policy and its relationship with covert and overt institutional racism professor quiros addresses everyday racism in corporate america not for profit agencies and academic settings it is written with a combination of depth and clarity of the haves and have nots he gives clear examples of discrimination oppression and poorly integrated aspects of self and proposes ways we can arrive at a more clear eyed vision of a truly democratic nation his building blocks are historical theories and live case studies of various situations that demonstrate both the tragedies of omission and neglect perpetuated by the elites in our society quiros' passionate and intra-psychic experience in conjunction with his detailed research evident in our everyday lives as he presents it is a real eye opener for the united states and its myriad of cultures and people maria muoz kantha phd lcsw is an activist educator and mental health consultant in nyc

Ballerina Body 2017-03-21 the celebrated ballerina and role model shares the secrets of how to reshape your body and achieve a lean strong physique and glowing health misty copeland believes there has been a shift in recent years in which women no longer desire the bare bones of a runway model standards have changed what women do want is a long toned powerful body with excellent posture in other words the body of a ballerina in her first health and fitness book misty will show women how to get healthier and stronger and how to reshape their bodies to be lean and flexible with step by step advice meal plans focusing on healthy fats workout routines words of inspiration including excerpts from misty's personal journal

Obituaries in the Performing Arts, 2018 2019-05-30 the entertainment world lost many notable talents in 2018 including movie icon burt reynolds queen of soul aretha franklin celebrity chef and food critic anthony bourdain bestselling novelist anita shreve and influential chicago blues artist otis rush obituaries of actors filmmakers musicians producers dancers composers writers animals and others associated with the performing arts who died in 2018 are included date place and cause of death are provided for each along with a career recap and a photograph filmographies are given for film and television performers books in this annual series

are available dating to 1994 a subscription is available for future volumes

Misty Copeland 2019-12-15 as the first african american woman to become a principal dancer for a major ballet company misty copeland has broken barriers in the world of dance biography fans will learn about copeland s rise from challenging circumstances to premier ballerina including her childhood her early dance lessons and difficulties she overcame fast facts and intriguing sidebars teach students about misty copeland s influences her perseverance and the ways she is giving back to underserved communities today

Milestones in Dance History 2022-09-23 this introduction to world dance charts the diverse histories and stories of dancers and artists through ten key moments that have shaped the vast spectrum of different forms and genres that we see today designed for weekly use in dance history courses ten chosen milestones move chronologically from the earliest indigenous rituals and the dance crazes of eastern trade routes to the social justice performance and evolving online platforms of modern times this clear dynamic framework uses the idea of migrations to chart the shifting currents of influence and innovation in dance from an inclusive set of perspectives that acknowledge the enduring cultural legacies on display in every dance form milestones are a range of accessible textbooks breaking down the need to know moments in the social cultural political and artistic development of foundational subject areas

Understanding the Social and Emotional Lives of Gifted Students 2021-10-03 the second edition of understanding the social and emotional lives of gifted students presents a comprehensive treatment of social and emotional development in high ability learners this text discusses theories that guide the examination of the lived experiences of gifted students features new topics such as cyberbullying and microaggressions covers social and emotional characteristics and behaviors evidenced in gifted learners includes considerations for gifted underachievers gifted culturally diverse students twice exceptional students lgbtq gifted students and young people from low income backgrounds describes gifted students friendships and family relationships that support them contextual influences that shape their social and emotional lives and identity development the author provides a wealth of field tested strategies for addressing social and emotional development in addition the book offers a plan for designing a gifted friendly classroom environment to support the social and emotional well being of gifted students and a comprehensive collection of resources to support professionals in gifted education research and practice

Milestones in Dance in the USA 2022-09-30 embracing dramatic similarities glaring disjunctions and striking innovations this book explores the history and context of dance on the land we know today as the united states of america designed for weekly use in dance history courses it traces dance in the usa as it broke traditional forms crossed genres provoked social and political change and drove cultural exchange and collision the authors put a particular focus on those whose voices have been silenced unacknowledged and or uncredited exploring racial prejudice and injustice intersectional feminism protest movements and economic conditions as well as demonstrating how socio political issues and movements affect and are affected by dance in looking at concert dance vernacular dance ritual dance and the convergence of these forms the chapters acknowledge the richness of dance in today s usa and the strong foundations on which it stands milestones are a range of accessible textbooks breaking down the need to know moments in the social cultural political and artistic development of foundational subject areas this book is ideal for undergraduate courses that embrace culturally responsive pedagogy and seek to shift the direction of the lens from western theatrical dance towards the wealth of dance forms in the united states

Dance Pedagogy for a Diverse World 2017-04-26 issues of race class gender and religion permeate the study of contemporary dance resulting in cultural clashes in classrooms and studios the first of its kind this book provides dance educators with tools to refocus teaching methods to celebrate the pluralism of the united states the contributors discuss how to diversify ballet technique classes and dance history courses in higher education choreographing dance about socially charged contemporary issues and incorporating native american dances into the curriculum among other topics the application of relevant pedagogy in the dance classroom enables instructors to teach methods that reflect students culture and affirm their experiences

The Color of Culture 2021-01-15 utilizing written sources as well as nationally representative survey data daniel h krymkowski analyzes the extent and causes of african american underrepresentation in the cultural realms of golf hiking hunting and fishing water sports winter sports classical music painting and sculpture ballet and the theater african american participation significantly lags behind that of non hispanic whites in all of these areas and it is not due to an aversion to these types of activities rather as krymkowski shows its primary sources are racial ethnic socioeconomic differences as well as historic and contemporary discrimination

both overt and subtle these causes are rooted in the systemic racism that continues to plague the united states the lack of opportunity to participate in such cultural forms deprives african americans of aesthetic experiences that are central to the human condition and it has implications for both health and the accumulation of cultural and social capital krymkowski also explores current efforts to increase african american representation in these areas of culture and discusses the benefits of doing so

Night's Dancer 2015-08-14 the biography of the first african american prima ballerina winner of the the marfield prize national award for arts writing 2011 dancer janet collins born in new orleans in 1917 and raised in los angeles soared high over the color line as the first african american prima ballerina at the metropolitan opera night s dancer chronicles the life of this extraordinary and elusive woman who became a unique concert dance soloist as well as a black trailblazer in the white world of classical ballet during her career collins endured an era in which racial bias prevailed and subsequently prevented her from appearing in the south nonetheless her brilliant performances transformed the way black dancers were viewed in ballet the book begins with an unfinished memoir written by collins in which she gives a captivating account of her childhood and young adult years including her rejection by the ballet russe de monte carlo dance scholar yaël tamar lewin then picks up the thread of collins s story drawing on extensive research and interviews with collins and her family friends and colleagues to explore collins s development as a dancer choreographer and painter lewin gives us a profoundly moving portrait of an artist of indomitable spirit

Misty Copeland 2017-07-15 misty copeland is probably the most famous ballerina in the world she didn t begin dancing until age thirteen but she quickly surpassed all her peers to be declared a prodigy her hard work and talent have landed her the career of a lifetime through engaging text and quotes from the dancer readers will learn about copeland s life hardships and accomplishments full color photos from throughout copeland s life will give readers insight into the dancer s personal life and career the glossary helps readers learn new vocabulary while further reading encourages deeper exploration into the world of dance

A Black Woman Did That 2021-07-20 a black woman did that spotlights vibrant inspiring black women whose accomplishments have changed the world for the better a black woman did that is a celebration of strong resilient innovative and inspiring women of color through vibrant illustrations and engaging storytelling author malaika adero spotlights well known historical figures including ida b wells madam cj walker mae jemison and shirley chisholm as well as contemporary stars including kamala harris stacey abrams jesmyn ward ava duvernay and amy sherald readers will recognize some names in the book but will also be introduced to many important black women who have changed history or who are reshaping the cultural landscape they ll learn how barbara harris became the first female bishop of the episcopal church how misty copeland became the first black principal dancer of the american ballet theater how the work and inventions of dr patricia bath have saved or restored the eyesight of people around the world how shirley chisolm changed the face of politics in america how glory edim has turned her passion for reading into a thriving online community and much more

Enacting Others 2011-03-07 an analysis of the complex engagements with issues of identity in the performances of the artists adrian piper eleanor antin anna deavere smith and nikki s lee

Women and Dance 1992-10-27 a broad ranging account of women s roles and experience in dance which demolishes the myth that dance is a female art form by demonstrating the way in which it is dominated by male managers choreographers and directors while most dancers are women for the most part they interpret male constructed images rather than create their own this is not inevitable however the author argues dance is a possible arena for feminist practice and women s liberation

Women in Arts and Entertainment 2016-08-15 women have made a difference in every field imaginable and they continue to do so today women s lives in history introduces readers to dozens of these remarkable people women in arts and entertainment features groundbreaking figures in dance visual art filmmaking television and many other disciplines compelling text and vivid photographs bring these women to life features include essential facts a timeline a glossary additional resources source notes and an index aligned to common core standards and correlated to state standards essential library is an imprint of abdo publishing a division of abdo

Asian American Soul 1992-12 dance is a marginalized art form which has frequently been ignored in the various debates about cultural practices this book redresses the balance and opens up some important areas for discussion christy adair argues that dance is an arena for feminist practice particularly as feminism has recognized the centrality of the arts in shaping our ideas about ourselves and our society

Real Kids, Real Stories, Real Challenges 2020-02-14 inspiring true stories of kids from around the world of kids

who have overcome obstacles to create success for themselves the third installment in the real kids real stories collection again travels the world with inspirational short stories of young people who overcame adversity and persevered in the face of extreme challenges soosan firooz broke barriers to become afghanistan s first female rapper and speaks out about the oppression and hardships women in her country must overcome david omondi in kenya built his own radio station despite a lack of resources and kevin breel speaks out about his own depression to help save lives the thirty short stories in real kids real stories real challenges will inspire readers to believe in themselves strive for success overcome obstacles and create change in the world even when faced with a challenge note several stories in this book address intense and serious situations which some readers may find unsettling

No Laughing Matter 2015-11-22 in the wake of the charlie hebdo attacks this collection which gathers scholars in the fields of race ethnicity and humor seems especially urgent inspired by denmark s muhammad cartoons controversy the contributors inquire into the role that racial and ethnic stereotypes play in visual humor and the thin line that separates broad characterization as a source of humor from its power to shock or exploit the authors investigate the ways in which humor is used to demean or give identity to racial national or ethnic groups and explore how humor works differently in different media such as cartoons photographs film video television and physical performance this is a timely and necessary study that will appeal to scholars across disciplines

Wish We Knew What to Say 2020-10-29 a thoughtful prescient read for any mother or father parenting through the unique challenges of this racially polarised year decade and beyond kenya hunt comprehensive readable and so very important the next generation needs you to read this book clare mackintosh sunday times bestselling author a vital book that equips us to have conversations about race and racism with young people ensuring we are all playing our part to raise the next generations as anti racist with excellent clear advice from dr agarwal i wish we knew what to say is a quick engaging and easily digestible read nikesh shukla we want our children to thrive and flourish in a diverse multi cultural world and we owe it to them to help them make sense of the confusing and emotionally charged messages they receive about themselves and others these early years are the most crucial when children are curious about the world around them but are also quick to form stereotypes and biases that can become deeply ingrained as they grow older these are the people who are going to inherit this world and we owe it to them to lay a strong foundation for the next phases of their lives wish we knew what to say is a timely and urgent book that gives scenarios questions thought starters resources and advice in an accessible manner on how to tackle tricky conversations around race and racism with confidence and awareness it brings in the science of how children perceive race and form racial identity combining it with personal stories and experiences to create a handy guide that every parent would refer to again and again written by behavioural and data scientist dr pragya agarwal wish we knew what to say will help all parents carers and educators give children the tools and vocabulary to talk about people s differences and similarities in an open non judgemental curious way and help them address any unfairness they might see or encounter

Ethical Problem-Solving and Decision-Making for Positive and Conclusive Outcomes 2019-01-25 strategies for effective problem solving and decision making are efficient ways for professionals to solve the moral dilemmas that confront them in their daily practice feelings of wellbeing and positive outcomes often impeded by the failure to make decisions can result when strategies are developed from psychological theories and positive mindsets ethical problem solving and decision making for positive and conclusive outcomes is a pivotal reference source that synthesizes major psychological theories to show that any moral dilemma can be solved by using the correct positive mindset based on psychological theory and superimposing a basic ethical template to reach a conclusive decision while highlighting topics such as cultural identity student engagement and education standards this book is ideally designed for clinical practitioners psychologists education professionals administrators academicians and researchers
































2016-09

Firebird 2014-09-04 in her debut picture book misty copeland tells the story of a young girl an every girl whose confidence is fragile and who is questioning her own ability to reach the heights that misty has reached misty encourages this young girl s faith in herself and shows her exactly how through hard work and dedication she too can become firebird lyrical and affecting text paired with bold striking illustrations that are some of caldecott honoree christopher myers s best work makes firebird perfect for aspiring ballerinas

everywhere

The Story of Misty Copeland 2021-11-30 discover the life of misty copeland a story about changing the world through dance for kids ages 6 to 9 misty copeland is the first black female principal dancer for the american ballet theatre before she made history and became a symbol of change in the world of ballet she was a determined girl who loved watching gymnastics and dancing on the drill team she worked hard and overcame many obstacles to fulfill her dream of becoming a great ballerina this book helps kids explore how misty went from being a shy young girl growing up in california to a world famous ballet dancer and a role model to many people this misty copeland book for kids includes core curriculum kids will learn the who what where when why and how of misty s life so far and take a quick quiz to test their knowledge her lasting change this book explains misty s impact and how she changed the world of ballet for future generations short chapters brief chapters divide misty s story into smaller sections that inspire new readers to keep reading how will misty s dedication and positive outlook inspire the child in your life

The Secret Origins of Black Americans : Preserving History, Ethnicity, and Culture in the Face of an Ethnocide by Eurocentrists and Afrocentrists 2023-05-20 do you belong to a legendary lineage in less than 100 pages the secret origins of black americans exposes a global phenomenon black american history cover ups pseudo origin stories and diaspora wars over music genres and jollof rice are ended 1 black americans have been a global obsession for centuries 2 black americans were instrumental in winning the civil war stabilizing the country and moving the country westward the statue of liberty celebrates the civil war victory and the emancipation proclamation not immigration 3 black americans built the foundational cities in the united states of america with architects and craftsmen not simple laborers 4 jim crow laws punished black americans and exempted foreigners of african descent 5 new technology and global dna research shows black americans are not africans in america or a boat stop away from being caribbean the indian dna carried by black americans is not only native american but austronesian the book explores the word black as an ethnic descriptor 6 black american culture is imitated in every country on earth including isolated inuit villages 7 black americans broke barriers in over fifty sports and competitions leading other groups 8 black americans have been targeted by propaganda campaigns for centuries by europeans and foreigners disguised as black americans 9 soul food is a black american cuisine developed in the united states of america not brought from africa 10 black americans created every relevant music genre in the united states of america the caribbean and africa rock solid recording dates show the architects of each music genre 11 patented innovations and inventions by black americans modernized the world the greatest civil rights activist for asians in america was frederick douglass humanitarianism by black americans has helped asians oceanians holocaust survivors latin americans caribbeans africans and more 12 since the 1800s eurocentrists afrocentrists and pan africanists notably marcus garvey conspired to erase history leaving black americans stateless includes a step by step genealogy guide with links artworkandwords gmail com

Black Women in America 1994-11-02 black women have an image of themselves that differs from those others impose collectively the contributors to this anthology demonstrate that such socially constructed images hide the complexities and ambiguities the challenges and the joys experienced in the real lives of black women                               

at the heart of this book both a group biography and a story of a particular time this is a book about ballet the enduring allure of ballet for young girls and about how these pioneers broke into a world that was closed to them and changed ideas of what a classical dancer could be it is about the heart breaking impact of the aids epidemic which claimed the lives of so many of the male dancers it s about racism and activism through art and it s about the eternal glamour of ballet these swans appeared at the grandest opera houses and theatres dancing at the white house and even for the queen their fans included mick jagger and they performed alongside the likes of michael jackson and josephine baker but most importantly it tells the universal story of female friendship and in particular how these five young women formed a bond while experimenting with different ways of dyeing ballet shoes and tights to match their skin tones which still endures many decades later

Life in Motion 2017-03-09 looking for a leadership development model for the millennial generation designed to build them into leaders and professionals ready to address 21st century challenges it s in your hands through the johnson white leadership model jwlm this book combines leadership development and professional development and shares the secrets to executive level leadership all with a focus on social conscience driven by faith ethics and diversity articulated as focus action great leadership the jwlm concisely outlines the intrapersonal interpersonal and leadership skills that result in the betterment of individuals groups organizations and society as a whole the jwlm is inspired by the work of morehouse college sixth president dr benjamin e mays mentor to dr martin luther king jr dr mays said we are all called by god to human betterment and enrichment if we fail on those scores we disappoint god break his heart and make him cry

The Swans of Harlem 2024-04-30 nourishing dance an essential guide on nutrition body image and eating disorders is written with an insider s understanding of the unique needs and pressures of the dance world and the expertise of an eating disorder specialist dietitian clinician and educator this much needed resource provides research based practical approaches to help dancers fuel optimally nourish a peaceful relationship with food and nurture more positive and resilient body image under fueling body dissatisfaction eating disorders and disordered eating are far too common among dancers despite the prevalence of these issues in dancers across genres and their negative impacts on dancers physical and mental health and performance they have not been adequately addressed in the dance community improving dancers health and well being is necessary for both dancers and the art form to thrive and everyone involved in the training and care of dancers can play an important role in this mission nourishing dance provides essential information on nutrition body image and eating disorder prevention to help parents teachers staff choreographers leadership athletic trainers coaches and healthcare professionals contribute to making the dance world a healthier and safer place for dancers

Focus in Action Is Great Leadership 2017-02-01

Nourishing Dance 2024-06-25

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