

UKRAINIAN DANCE WORKSHOP

FEBRUARY 22ND 10 AM - 4PM



For dancers ages 7 and up.....past dancers are welcome to attend. Please respond to email if you are attending this one day Ukrainian Dance Workshop.



Taras Pawluk Ukrainian Dance Bio

Taras has been an active Ukrainian dancer for more than 44 years! He has performed in a variety of settings ranging from the spectacular stage to intimate cabaret-style throughout Canada, the US and abroad. He has studied Ukrainian dance with masters of their craft from Canada and Ukraine and is an amazing soloist as well as ensemble dancer who is able to adopt a variety of Ukrainian dance styles as needed (Avramenko style, Virsky style, etc.).

Recently, Taras has traveled to Ukraine three times to study Ukrainian dance with masters from across the country. His passions are in focusing on performance techniques that dazzle the audience and sword-fighting demonstrations. Throughout his career as a Ukrainian dancer, Taras has danced with Vesnianka, Ukrainian Festival Dance Company, The Kozaks (Ukrainian Caravan Restaurant), Kosari/Zaporozhian Kozaks (Ukrainian Caravan Restaurant), Kaniv (The Shevchenko Ensemble) and most recently, The DESNA Ukrainian Dance Company of Toronto.

As a way to give back to the Ukrainian community, Taras has been extensively involved with the opening of The DESNA School of Ukrainian Dance and The DESNA Ukrainian Dance Company of Toronto's executive where he is currently President of the Company.

Larisa Makuch Ukrainian Dance Bio

For more than 17 years, Larisa has been instructing and choreographing Ukrainian dance. She has worked with students from across Saskatchewan, Alberta and Ontario and currently teaches Ukrainian dance at The DESNA School of Ukrainian Dance and YAVIR School of Ukrainian Dance in Toronto.

Larisa was an ensemble and soloist dancer with Saskatoon's Pavlychenko Folklorique Ensemble, and currently dances with the DESNA Ukrainian Dance Company of Toronto. Her dance performances have taken her throughout Canada, the United States, Brazil and Ukraine. Larisa has also studied Ballroom and Swing dance and continues to broaden her Ukrainian dance knowledge through dance-study tours to Ukraine.

Currently, Larisa is a fully certified Mat and Equipment Pilates Instructor, Teacher Trainer and Teacher Training Advisor at Body Harmonics Pilates where she teaches group classes, private sessions, and students and is a teacher trainer of new Pilates instructors. Her clientele range from three years to older adult with diverse goals including general fitness, post-rehab, improving posture and losing weight.

Three years ago Larisa designed and created a "Ukie-Fit" Ukrainian dance-based fitness program and is currently writing "Kids on the Move," a workshop geared to movement professionals working with children.

Larisa constantly draws on her knowledge of Anatomy and Biomechanics, childhood development, and dance to create meaningful movement experiences for her students of all ages.