

Alana Michelle Productions
"Be the Light!"



AFRO
DANCE

Free
for All Ages

THERAPY™

**Uplifting Black Communities
through Dance, Music, & Culture**

September 5- December 6, 2025
Fridays @ 5:30pm



SCAN HERE

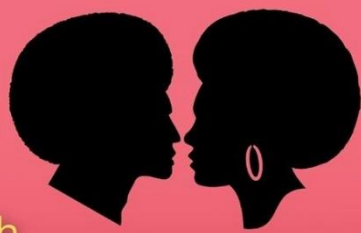
Parkridge Community Center
591 Armstrong Dr,
Ypsilanti, MI 48197

Alana Michelle
Artistic Director
iamalanamichelle.com
(734) 465-6728

"I've used dance and music as a tool for healing and coping with trauma since I was a teenager. Being able to release emotions through music or express myself through dance has been a constructive outlet for me and I'm glad to be able to help others do the same."

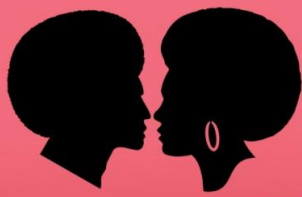
-Alana Michelle

Old School Hip Hop & Afrofusion
Free Entry
Sept 5, Oct 25, & Nov 21,
2025 @ 5:30pm
Parkridge Community Center
591 Armstrong Dr, Ypsilanti, MI
48197



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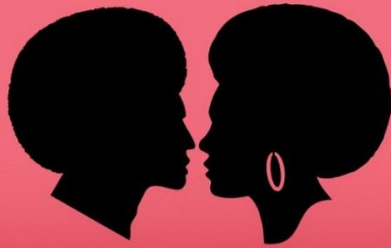
“West African dance has been a healing force in my life because it reconnects me to my ancestors, grounds me in community, and transforms my grief and struggles into movement and joy. Every rhythm and step is a prayer, a release, and a celebration of resilience that restores my spirit and reminds me of who I am. By giving back and teaching the youth, I honor our ancestors and ensure these customs and traditions are passed down and remembered, keeping our culture alive for generations to come.”

-Imani Maat



Traditional West African Dance & Drum
Free Entry
Sept 26 & Oct 03, 2025 @ 5:30pm
Parkridge Community Center
591 Armstrong Dr, Ypsilanti, MI 48197





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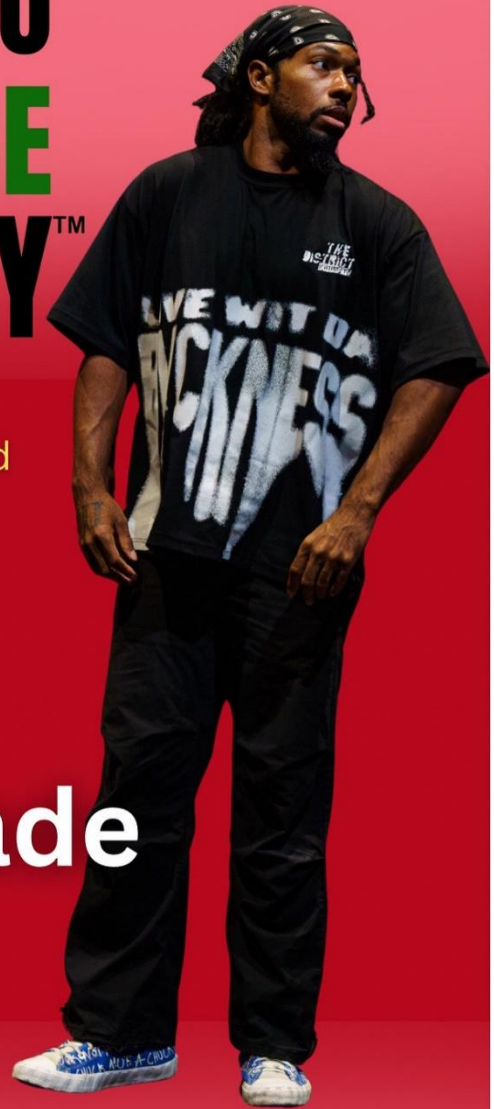
“Krump has been healing for me by being the catalyst of movement needed to help me express & release life's troubles, trails, tribulations & trauma. Giving me a better and more positive way to express pain, heart ache, loss, anger, frustration and more.”

-Renegade

Krump and Clown Dancing
Free Entry

Sept 12, Oct 10, & Nov 14,
2025 @ 5:30pm

Parkridge Community Center
591 Armstrong Dr, Ypsilanti,
MI 48197





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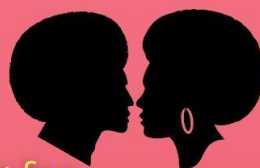
“House dance and music has been healing for me by connecting me to an intergenerational and international community of musicians, artists, and movers. It has helped me have hope in a challenging world through the joy of being in community with others.”

-Kiana “KC” Cook

House Dance
Free Entry

Oct 17, 2025 5:30pm
Parkridge Community Center
591 Armstrong Dr, Ypsilanti,
MI 48197

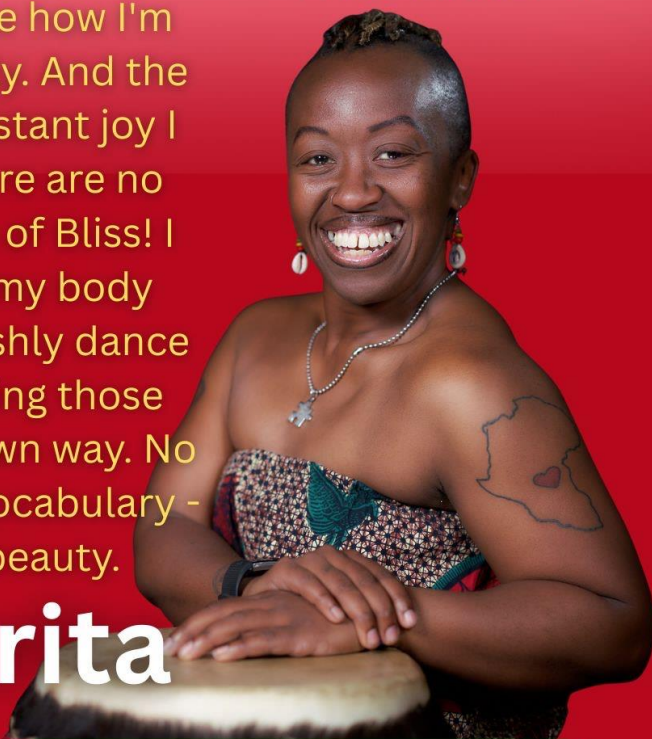




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Congolese dance has been healing for me because the movements ground me, they feel like home, like how I'm supposed to move, naturally. And the drums, the ngomas! The instant joy I get when I hear them! There are no words - only the sensation of Bliss! I feel the connection with my body becoming happier as I selfishly dance for myself while also inviting those around me to join in their own way. No rules, no particular dance vocabulary - only joy, pleasure, and beauty.

-Serita



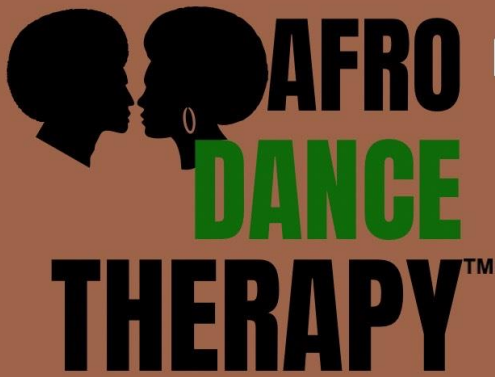
**Congolese Drum and Dance
Free Entry**

Sept 19 & Nov 7, 2025

@ 5:30pm

**Parkridge Community Center
591 Armstrong Dr, Ypsilanti,
MI 48197**





Dance Session Schedule September- December Fridays @ 5:30pm

Parkridge Community Center
591 Armstrong Dr, Ypsilanti, MI 48197
(734) 465-6728

| Week | Theme & Instructor | Audience Centered | Dance Style | Music Genre |
|------------|--------------------------------------|-------------------|--------------------------|----------------------|
| 1) Sept 5 | Legacy of Black led by Alana | Youth & Elders | Hip Hop | Old School Hip Hop |
| 2) Sept 12 | The Future is Black led by Renegade | Teens & Family | Krump | Krump |
| 3) Sept 19 | Black Wombmanhood led by Serita | Women & Girls | Traditional Congolese | Live Drums |
| 4) Sept 26 | Sankofa led by Imani Maat | All Community | Traditional West African | Live Drums |
| 5) Oct 3 | African Traditions led by Imani Maat | All Community | Traditional West African | Live Drums |
| 6) Oct 10 | Rage Release led by Renegade | Men & Boys | Krump | Krump |
| 7) Oct 17 | Celebrating Identity led by KC | All Community | House | House |
| 8) Oct 24 | Connecting the Diaspora led by Alana | Youth & Elders | Afro Fusion | Afrobeats |
| 9) Nov 7 | Family Ties led by Serita | Families | Traditional Congolese | Live Drums |
| 10) Nov 14 | Tracing our Origins led by Renegade | Teens & Youth | Clown Dancing & Krump | Hip Hop |
| 11) Nov 21 | Black and Proud led by Alana | Youth & Elders | Hip Hop | Old School Hip Hop |
| 12) Dec 5 | Imaging our Future led by Alana | All Community | Review of All Styles | Review of All Genres |
| 13) Dec 6 | Celebration Performance @ 1pm-4pm | All Community | All Dance Styles | All Genres |

Contact Alana Michelle for Questions: (734)465-6728 Subject to change*