



Sitar Arts Center Early Childhood Professional Development Institute January 24 - 26, 2020

Meeting of Minds: Artful Play

Sitar Arts Center's Third Annual Early Childhood Professional Development Institute, Meeting of Minds, will be held January 24th – 26th at Sitar Arts Center 1700 Kalorama Road NW, Suite 101 as a feature of Sitar's 20th year Anniversary and is open to the Sitar community – faculty, volunteers, staff, parents, and partner organizations. This year's program Meeting of Minds: Artful Play focuses on the Mother Nature's Pedagogy: How Children's Natural Curiosity, Playfulness, Sociability, and Willfulness Serve Their Education, "how children's instincts to explore, play, bond with others, and take charge of their own lives provide the natural foundation for education, and what are the conditions in which these educative instincts seem to operate best."

We will explore the intersection of children's natural curiosity and instincts with the science of brain development and best practices in early childhood education in the areas of visual arts, music, dance, theater, and the humanities.

Our distinguished presenters will lead us to a deeper understanding of how children of all abilities and stages of development can best grow. The Institute is structured to provide experiential activities, interactive exercises and observation of a sample classroom in addition to informative presentations of up to date research that will help educators and parents better understand how to nurture creativity and children's natural instincts for optimum and healthy growth.

Our knowledgeable and inspirational presenters include:

Peter Gray, Ph.D., research professor at Boston College, author of *Free to Learn (Basic Books)* and *Psychology (Worth Publishers, a college textbook now in its 8th edition)*. He has conducted and published research in comparative, evolutionary, developmental, and educational psychology

Jessica Phillips-Silver, Ph.D., an international speaker and the founder of *Growing Brains* - a brain-based approach to raising children and communities

Marcia Daft, founder of *Moving Through Math* and the *Teaching of the Music of Language*

Rosary Lalik, Ed.D. Associate Professor Emerita at Virginia Tech and master teacher who has focused her work on literacy and done research on issue related to social justice, equity and gender issues

Michiko Yurko, Creator and Owner of *Music Mind Games LLC* and piano Teacher Trainer with the *Suzuki Association of the Americas* and has presented in over 40 countries

Maggie a.k.a. Terry Leonino and Greg Artzner with two strong voices in harmony and superb instrumental arrangements, *Maggie Duo's* sound is powerful and moving. They are award winning recorded artists, singers, songwriters, music historians and activists. They dedicate their lives and music to leave this world a better place

Ingrid Zimmer is Executive Director of *Inner City-Inner Child*, Associate Director of *Word Dance Theater* and has been in the vanguard of early learning through the arts in the Washington, DC area for over two decades

Paola Acuña Rivera is a Chilean born physical education teacher with focus on corporal expression and mindfulness. Her work is influenced by the Montessori philosophy

Kofi Dennis was born in Ghana and is a Master Teaching Artist with *Wolf Trap Institute for Early Learning Through the Arts* with focus on African drumming and the art of storytelling

Karen Morales-Chacana is a Chilean-born actress, play writer and teaching artist

Becky Lallande is a company member of *Word Dance Theater* with training in the *Isadora Duncan* technique with an emphasis on teaching dance and movement for youth

Melissa Strova-Valencia is a Colombian artist, actress, storyteller, dancer, musician and teaching artist;

Katie Macyshyn received her BFA, with a focus in performance art, from the *Corcoran School of the Arts & Design* at *George Washington University*

Sylvia Zwi, Dean and Director, *Early Childhood Arts and Professional Development* at *Sitar Arts Center*, founder of *Coaching through Practice: Perfecting the Art of Teaching, LLC* and *Cultural Remittances Initiative*, is also a Master Teaching Artist with focus on early learning at *Wolf Trap Institute*, *Inner-City Inner-Child*, and *District of Columbia Public Schools*

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AGENDA

Friday, January 24 5:30-9:00 PM

5:30	Welcome Reception	Art Studio
6:30	Welcome <i>Sylvia Zwi</i>	Art Studio
6:45	Corporal Expression: Play and Mindfulness <i>Paola Acuna Rivera</i>	Dance Studio
7:45	Reflection	Dance Studio
8:00	Happy Hour	Art Studio
9:00	Close	

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AGENDA

Saturday, January 25 8:00 - 5:00 PM

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| 8:00 | Coffee | Lobby |
| 9:00 | Welcome
<i>Maureen Dwyer</i> | Theatre |
| 9:15 | Mother Nature's Pedagogy
And the Wellsprings of Creativity
<i>Peter Gray, Ph.D.</i> | Theatre |
| 10:30 | In Sync: Building Community
<i>Kofi Dennis</i> | Theatre |
| 11:30 | Jugando y Cantando
<i>Karen Morales-Chacana
and Melissa Strova Valencia</i> | Dance Studio |
| 12:15 | Lunch | Art Studio 1 & 2 |
| 1:00 | Reconvene | Theatre |
| 1:15 | Building Social-Emotional Skills
With Music and Movement
<i>Ingrid Zimmer</i> | Theatre |
| 2:00 | Rainbow Dance
Sample Class
<i>Rebecca Lallande</i> | Dance Studio |
| 3:00 | Let's Get <i>Painty</i>
<i>Katherine Macyshyn</i> | Dance Studio |
| 4:00 | Panel Discussion
<i>Dr. Peter Gray, Ingrid Zimmer, Kofi Dennis, Michiko Yurko,
Dr. Jessica Phillips-Silver, Dr. Rosary V. Lalik., Sylvia Zwi</i> | Theatre |
| 5:00 | Close | |

Meeting of Minds: *Artful Play*

AGENDA

Sunday, January 26 8:00 - 5:00 PM

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| 8:00 | Coffee | Lobby |
| 9:00 | Welcome | Theatre |
| 9:15 | Arts, Cooperation,
and Optimal Brain Growth
<i>Jessica Philips-Silver, Ph.D.</i> | Theatre |
| 10:30 | Building Blocks of an Early
Childhood Music Experience
<i>Marcia Daft</i> | Dance Studio |
| 11:45 | Music Mind Games:
Part I
<i>Michiko Yurko</i> | Suite 102 B & C |
| 1:00 | Lunch | Art Studio 1 & 2 |
| 1:45 | Reconvene | Theatre |
| 2:00 | Music Mind Games:
Part II
<i>Michiko Yurko</i> | Suite 102 B & C |
| 4:00 | Put the Sun back in the Sky
<i>Magpie: Terry Leonino and Greg Artzner</i> | Dance Studio |
| 5:00 | Close | |

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FACULTY

Ingrid Zimmer



Ingrid Zimmer is Associate Director of Word Dance Theater. Ms. Zimmer received a Bachelor of Arts in Dance/Theatre from Pomona College where she was trained in the Limon Technique. Upon graduating, she moved to Europe where she toured, performed and studied dance at the Folkwang Hochschule in Essen, Germany under the artistic direction of Pina Bausch. Now residing in Washington, DC, Ms Zimmer has danced with local companies, Bowen McCauley Dance, DC Dance Theatre, and Rincones & Company. Ms. Zimmer has performed in major national venues including the Kennedy Center, Jacobs Pillow, and the 92nd St Y. Her international touring has taken her to China, Mexico, Greece, France, the Netherlands, Italy, and Poland. Currently immersed in the study of Isadora Duncan's philosophy, technique and choreography, Ms. Zimmer trains at the Isadora Duncan International Institute in New York.



Arts Education has always been an important part of Ms. Zimmer's life; she was the Director of the Dance Program at the National Cathedral School for 10 years, and, trained by the Wolf Trap Institute for Early Learning, is a Master Teaching Artist bringing arts integration training to pre-schools serving low-income neighborhoods throughout Washington, DC for nearly two decades. Ms. Zimmer is Executive Director of Inner City - Inner Child, the arts education program of the historic Dumbarton Concerts. At Inner City- Inner Child she oversees and develops arts rich literacy programming that empowers early childhood teachers to become inspired educators who prepare their students to be motivated and successful learners.

Jessica Phillips-Silver, Ph.D.

Jessica Phillips-Silver, Ph.D., is an international speaker and the founder and CEO of *Growing Brains™: A brain-based approach to raising children and communities*. The

mission of *Growing Brains* is to empower families and institutions by integrating evidence from brain science with core values from the arts, medicine and advocacy for social justice. Dr. Phillips-Silver is an associate researcher in the Department of Neuroscience at Georgetown University, where she developed Georgetown's first course on Music, Brain and Body. Dr. Phillips-Silver earned a Bachelor of Humanities & Arts in psychology and music from Carnegie Mellon University, a Ph.D. in auditory development and music perception at the McMaster Institute for Music and the Mind in Ontario and conducted postdoctoral research in the International Laboratory of Brain, Music and Sound in Montreal. Her research examines how 'feeling the beat' in music is a multisensory experience in infants and adults, and she documented the first case of 'beat deafness'. She currently studies music processing and cortical plasticity in early blindness, and the development of musical rhythm and executive functions in Deaf and hearing children. Jessica's work is published in esteemed journals including *Science*, *Hearing Research*, *Brain and Cognition*, *Cognitive Neuropsychology*, *Frontiers in Human Neuroscience*, *Frontiers in Education* and *Research in Developmental Disabilities*. She has been featured in USA Today, Time Magazine, The New York Times, The Washington Post, Men's Health, the Atlantic, NPR, and the Discovery Channel. As a registered yoga teacher, Jessica leads workshops on the brain-body connection in yoga and healing.

Karen Morales

Karen Morales-Chacana is a Chilean-born actress and teacher. She holds an acting and education degree. She recently acted at GALita, in Picasso where she also appeared in *Entre el cielo y la tierra*, *Blancaflor -The Girl Wizard*, *Seneca*, *The Library Mouse*, *Volcanos*, *Storytelling from El Salvador*, *Platero and I* and *Believe It or Not!*, *Cri-cri* And as a choreographer in *The World Is A Handkerchief*. She is a GALA Hispanic Theatre company member who appeared in *Like Water for Chocolate*, *Chronic of the Death Foretold*, *The Knight from Olmedo*, *Cuba's King of Song*, *Jornada Escondida* and *Blood Wedding*, *Blind date*, *Molotov Kisses*. She is member of Synetic Theater Company and has appeared in *Antony and Cleopatra*, *Dracula* and *Jekyll & Hyde* and performed at Kennedy center with them. She also participated in *The Mouse In Motion* with Imagination Stage. She wrote, directed and performed, *Dream of Azul*. At the Fringe Festival she acted in *El Sueño or The Delightful Nightmares of the Ladies and Rapists and Drug Dealers*. In Teatro de la Luna she acted in



As If It Were Tonight, Two-Scented Roses and I want them both, and she has led puppetry workshops for the company, Searching for Gabriela at The In Series, A Wonderful Meeting, Little Red Riding Hood and Pito y Pepa with D2 Puppet Theater. She produced for Spotlight Communications in Lovers and acted in Accept Me If You Love Me. She holds many other credits in Chile. She is co-founder and co-artistic producing director at Teatro La Bolsa, where she co-wrote, directed and acted in Celebremos. Her last film was Love in the Elevator. Karen is Spanish, dance and theater teacher works at Oyster Bilingual School, Janney School and Sitar Center with early childhood and at Shakespeare theatre company Education, SED Center and BRIYA Public Charter School where she also works as a trainer teacher.



Katherine Macyshyn

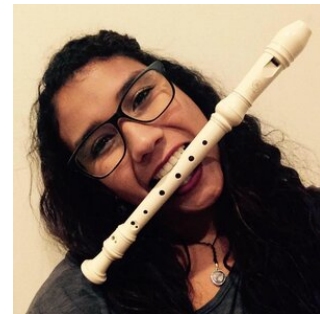
Katie Macyshyn has taught art and empowered self expression through workshops, creative group activities, and multimedia rituals in the DMV since 2013, when she graduated with honors from the Corcoran School of the Arts & Design. Her interactive performance work has been included in gallery exhibitions in the DC area as well as in various festivals, including ITINERANT, Staten Island, NY; PGH PAF, Pittsburgh, PA; Transmodern Festival, Baltimore, MD; and (e)merge Art Fair, Washington, DC. Katie has begun to pursue art therapy in order to deepen her practice, and holds fast that all can overcome familial or societal guilt and shame in order to live a life of integration as simultaneously spiritual, and social beings. She has been honored to work with ECA at Sitar Arts Center as a visual arts instructor for several years through Artful Play, where the foundations of composition are explored through creative play. She is now honing her skills as a music instructor.



Kofi Dennis

Kofi Dennis has been a Master Teaching Artist with Wolf Trap Institute for Early Learning Through the Arts since 1998. He is a graduate of the School of Performing Arts, University of Ghana, and studied early childhood and adolescent education at Komenda College,

University of Cape Coast. Since 2004, Kofi has teamed up with the faculty of the World Children's Choir to present African drumming for concepts and for peace. He performs as half of the duo Anansegromma, presenting music, dance, drums, games, and stories.



Marcia Daft

Marcia Daft is the Founder of Moving Through Math and Teaching the Music of Language. Marcia's unique teaching methods have been energizing classrooms, performing arts centers, and school districts across the United States for over twenty-five years. Ms. Daft produces award-winning children's books, instructional materials, and videos that bring arts-integrated learning to life in the classroom. Ms. Daft is a national workshop presenter for the John F. Kennedy Center for the Performing Arts in Washington, D.C. She has traveled nationally and internationally as a Master Artist with the Wolf Trap Institute for Early Learning Through the Arts. And she serves as Arts Integration Consultant for school districts and performing arts organizations in every state. Ms. Daft has developed museum exhibitions and educational programs for the Smithsonian Institution. She has written more than twenty children's educational booklets with CD's for The Smithsonian Institution and the National Symphony Orchestra. Ms. Daft graduated Phi Beta Kappa in bio-medical engineering from Duke University. She was a Century Fellow at The University of Chicago, where she earned a master's degree in music. She studied piano performance at the Mozarteum in Salzburg, Austria, and holds both a Certificate and License in Dalcroze Eurhythmics - a technique of integrating music and dance. Ms. Daft presents her work in both Spanish and English.



Melissa Strova-Valencia

Melissa Strova-Valencia is a Colombian artist, actress, storyteller, dancer, musician and teacher. She holds a bachelor's degree in Early Childhood Education from San Buenaventura University in Colombia, a master's degree in Advanced Theatre Studies from La Rioja International University in Spain, and a diploma in Art in the Early Childhood from the Ministry of Culture and San Buenaventura University in Colombia. She began her

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career as an arts teacher at her family business, MUSITODO music academy where she studied music and went on to run the music classes for early childhood. She has worked as a preschool, music, dance and drama teacher for early childhood, and performed in theatre, music, storytelling and dance shows specifically tailored to early childhood children. Currently based in Washington DC, she is pursuing studies in neurobiology and works as a music teacher for early childhood at Levine Music School, Children's House of Washington, as a drama teacher at Sitar Arts Center.



Michiko Yurko

Michiko is the owner of Music Mind Games, LLC and has three grown children, two grandchildren and a service dog named Zoli. She is the author of "Music Mind Games", Musopoly, "No H in Snake: Music Theory for Children, the Puppy Packet, the Panda Packs and joint author of Teaching Suzuki Piano: Ten Teacher's Viewpoints. Michiko is featured in "Who's Who in America", "Who's Who in American Education" and "Who's Who in American Women". Michiko received her undergraduate music degree in piano performance and did her master work in music theory at Ohio University in Athens, Ohio. Her professor was the distinguished pianist/educator George Katz with whom she is still in contact. His lineage is remarkable: Raieff (Juliard), Siloti (Rachmaninoff's cousin) Liszt, Czerny and Beethoven. Raieff also studied with Schnabel who was a student of Czerny. Michiko has been teaching for 42 years. She currently has an independent piano studio in Kensington, Maryland. She is a piano Teacher Trainer with the Suzuki Association of the Americas. From 1994 - 2006 she was on faculty at the Levine School of Music where she was founder and chair of the Suzuki Piano and Music Mind Games Departments. Michiko has been holding workshops for music teachers for since 1974.



Magpie Duo (Greg Artner and Leo Nino)

Terry Leonino and Greg Artzner, educators and musicians, are mainstays of the Inner City-Inner Child early education program. Terry holds three degrees in early childhood education, including two in special education for children with learning disabilities and

emotional disturbances from Kent State University. In addition to being award-winning, renowned singer-songwriters, Terry and Greg are Master Artist Teachers for the Wolf Trap Institute for Early Learning and pioneers in the use of American Sign Language to promote literacy for low-income early learners.



Paola Acuna Rivera

For eight years Paola taught physical education at the Huelquen Montessori school in Santiago, Chile to students from ages 3 to 18 years old. For the past seven years she has taught students from ages 3 to 11 at the Latin American Montessori Bilingual PCS. Paola created the physical education program at LAMB (Latin American Montessori Bilingual, DCPS), and now teaches about 450 students. She also teaches classes on body expression and dance during the Extended Learning Day (ELD) program at the school.

In addition to her work at LAMB, she designed the movement program at Briya Public Charter School and currently works as the instructor for students from ages 1 to 6 years old. At the Sitar Arts Center she teaches creative movement and yoga classes for parents and children in the Early Childhood Department. Paola is also a part of the teaching team for Casa Lala's Latino arts and movement aftercare program. Paola is a certified Kidding Around Yoga instructor, and infuses yoga throughout her work at LAMB, Briya, Sitar, Casa Lala, and at home.



Rebecca Lallande

Becky Lallande is a company member of Word Dance Theater where she has received training in the Isadora Duncan technique with an emphasis on teaching dance and movement for youth. Becky holds a BA in Religion from the University of Mary Washington where she also studied dance and vocal performance, and has since received certification in dance choreography through Dance ICONS, an international choreographic institute based in Washington, D.C. and been a member of the D.C. hip hop team Capital Funk. Becky is the Youth Director of Word Dance Theater's youth programs and is a

teaching artist with Wolf Trap's Institute of Early Learning in the Arts, InnerCity- InnerChild, Sitar Arts Center, and Go Bananas Dancing, INC. Sharing creative movement through dance, imagination, and rhythmic exploration with young children, Becky especially loves the shared joy in creating together.

Rosary V. Lalik, Ed.D.

Rosary V. Lalik, Associate Professor of Education in the College of Liberal Arts and Human Sciences at Virginia Tech, was recently conferred the "associate professor emerita" title by the Virginia Tech Board of Visitors during the board's quarterly meeting. A member of the Virginia Tech community since 1982, Dr. Lalik was a dedicated teacher of literacy, and her teaching excellence was evidenced by the fact that she earned consistent 4.0 overall student evaluation scores for all 26 years, across all courses — the maximum overall rating that an instructor can earn. Dr. Lalik provided outstanding leadership of the School of Education programs in her role as director of the Northern Virginia Center School of Education, using her collaborative and supportive strategies to bring faculty and students together in positive, creative, and intellectual ways. Dr. Lalik made contributions to the university and academic community nationwide in terms of her research on issues related to social justice, equity, and gender issues, and provided leadership in the literacy program and in the Department of Teaching and Learning for 18 years. Dr. Lalik extended this leadership to integrating literacy with the disciplines, in particular science, with her expertise in reading in the content areas. She received her bachelor's degree and master's degree from the State University of New York College at Oswego, and an Ed.D. from Syracuse University.



Sylvia Zwi

Sylvia is a firm believer that the arts are intrinsic to our humanity and is committed to its transformative power. A native of Brazil, she has worked with institutions dedicated to the arts, arts education and teaching through the arts for the past 34 years.

Sylvia is currently Dean and Director, Early Childhood Arts and Professional Development at Sitar Arts Center as well as Teacher, Teaching Artist and Arts Integration Coach with

Sitar Arts Center, The Wolf Trap Institute for Early Learning Through the Arts, Inner-City Inner -Child, and District of Columbia Public Schools.

Sylvia's past engagements also include schools such as *Stecher and Horowitz School of Music and Woodmere Academy* in New York and institutions such as *Levine Music (The Selma Levine School of Music), Imagination Stage (Bethesda Academy of Performing Arts) and Choral Arts Society* in the Greater Washington Area.

Sylvia is co-founder of "*Cultural Remittances*," an initiative which aims cultural empowerment through information, cultural arts' exchange, health education and financial literacy. Sylvia is also founder of *Coaching Through Practice: Perfecting the Art of Learning and Teaching, LLC*

Peter Gray Ph.D.

Peter Gray, Ph.D., research professor at Boston College, is author of *Free to Learn* (Basic Books) and *Psychology* (Worth Publishers, a college textbook now in its 8th edition). He has conducted and published research in comparative, evolutionary, developmental, and educational psychology. He did his undergraduate study at Columbia University and earned a Ph.D. in biological sciences at Rockefeller University. His current research and writing focus primarily on children's natural ways of learning and the life-long value of play. He is president of the nonprofit Alliance for Self-Directed Education and a founding board member of the nonprofit Let Grow. His own play includes not only his research and writing, but also long distance bicycling, kayaking, back-woods skiing, and vegetable gardening.



Sitar Arts Center is proud of twenty extraordinary years as an arts-centered youth development leader, a DC institution, and a community anchor.

Informed by our experiences, the latest research, and trends, as well as guided by our values, Sitar brings relevant and forward-thinking programming to the community, as we continue to evolve and to deepen our understanding of human development.

We kick off Sitar's 20th anniversary with Sitar's Early Childhood Arts Institute, *Meeting of Minds*, for a conversation about the evolutionary importance of self-directed play, led by Dr. Peter Gray.

2019 Meeting of Minds: The Having of Wonderful Ideas @Duckworth

Keynote Speaker - Dr. Eleanor Ruth Duckworth.

**Thank you from Sitar's Early Childhood department for joining in the
2020 Sitar Arts Center's Meeting of Minds!**