

CONTRA TIEMPO

ACTIVIST DANCE THEATER

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Tuesday August 4, 2026

To Whom It May Concern,

This letter serves to confirm that **Cinthia Duran** successfully completed the **CONTRA-TIEMPO Activist Dance Theater FUTURO Summer Dance Intensive** during the summers of 2022, 2024, and 2025.

Over the course of the intensive, the program's daily schedule included rigorous training sessions, creative workshops, reflective and social justice-oriented arts practices, dance technique classes, opening and closing group activities, and self-care breaks. Examples from the schedule include:

- Morning warm-ups, movement meditations, and classes in Afro-Latin and Caribbean dance forms (Afro-Cuban, Rueda de Casino, Salsa, Bachata, Afro-Colombian, Hip Hop Grooves, Samba, Soca, Cumbia, Dunham, Breaking, etc.)
- Singing for social change, song writing, and vocal practices
- Workshops in Arts as Social Action: Theater of the Oppressed, knowledge and asset mapping, exploring past and present struggles
- Sabor Sessions, play time, cool-downs and collective closing activities
- Community Public Sharing where participants had the opportunity to share all that was created during the program

During this intensive, Cinthia engaged fully in all program components, demonstrating commitment, artistry, collaboration, and a passion for dance as activism. The full schedule guided a balanced program of technique, expression, community, and reflection, all of which they adhered to with integrity and enthusiasm. Cinthia actively engaged in collaborative practices, embodied values of community and equity, and contributed meaningfully to the spirit and vision of FUTURO.

We are proud to acknowledge Cinthia's successful completion of the FUTURO program. Congratulations on this achievement!

Warmly,



Jannet Galdamez
Programming Director