



# PACEM DANCE PROJECT

Bringing Light, Joy and Inner Liberation to Incarcerated Women

A Program of Pacem in Terris

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The *Pacem Dance Project's* mission is to bring the thoughtful and exuberant joy of dance to an extremely restrictive environment. It provides inner liberation to incarcerated bodies— and light and guidance to a core group of women who impact the rest of their community. It is a model for how a program based on acceptance, trust, joy and hard work can help incarcerated women learn resilience, forgiveness and the positive attitude needed to

transform past history into new opportunities and reduced recidivism.

The classes and performances are deeply uplifting to both the inmates who watch and to those who take part. Dances are largely choreographed by inmates and develop themes of struggle through confusion, loneliness, strife and despair to find self-awareness, hope, faith in oneself and others, joy, creative energy, and spiritual transformation. The program is uplifting and encourages the

women to forgive themselves and others for past mistakes as a way to reach for the beauty within and a certainty of their self-worth.

For more information on how you might help, contact us at [info@depaceminterris.org](mailto:info@depaceminterris.org) or 302-656-2721

