

MIMBRE

Mimbre is a company created by three women challenging typical roles in dance, circus and acrobalance. Mimbre fuses world-class acrobatics with theatre and dance, using a unique physical language to tell stories and create imagery. The foundation of Mimbre's work, both as performers and educators, is an exploration of the physical experience of being female.

“ The funding from Rosa will allow our existing education work to reach new levels. It will give us the additional support we need to develop this girls-only programme into something truly exceptional that we hope to be able to roll out as a stand-alone programme to any organisation that works with young women. ”

Emma Forster
General Manager



BODY IMAGE

MY IMAGE AND ME

- Working with young girls (age 15 and younger) from social housing and other low income families in East London, Mimbre will use Acrobalance training to explore how girls can improve perceptions of their bodies and provide each other with mutual support.
- Acrobalance requires the participation of women with a variety of body shapes - strength is valued and trust is an essential part of the process.
- This safe setting will allow the girls to develop confidence and feel more at home in their bodies, moving away from the concept that only one size is 'right'.
- Participants will learn to move and use their bodies in an expressive way, connecting the physical, mental and creative, and feel proud of their bodies without being objectified.
- Mums and carers will be involved in some sessions, developing a shared language and sense of trust with the young girls in order to discuss issues about their bodies and feelings.
- A final performance and documentary film will document the girls' progress.



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