

Ms. Rancourt has traveled internationally leading women of all ages, sizes, shapes, and skill levels in the art of Folkloric Style Middle Eastern and Cuban dance forms. Her participants are often women recovering from drug and alcohol abuse, sexual trauma, domestic violence, self-injury, and various self image challenges. These classes are women only to support the safety and confidentiality necessary to explore the reclamation of our physical bodies as women. Through Ms. Rancourt's professional training as a personal fitness trainer and dancer with notable international dance troupes and master dancers, in a safe community of women, she supports each woman individually through dance movement.