

INTERNATIONAL TEACHING WEEK

Dancing



Shira Robbins

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Shira is an entrepreneur, speaker, and the founder of LifeDance – an interdisciplinary method that integrates movement, entrepreneurship, femininity, and personal growth. Shira leads a nationwide and international network of dance-based groups, grounded in the belief that movement is a way of life. She lectures at international conferences and teaches how to bridge body, creativity, and entrepreneurial courage. Shira empowers thousands of women to become the best version of themselves and to strive for physical, emotional, and mental well-being.

IDW Topics:

- 1 LifeDance – Dancing Towards Growth (for women)
- 2 The Brain, Happiness, and the World of Dance – A Biological and Emotional Connection



Faculty of Physical
Culture

Palacký University
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