DanceResource.org

Conscious Dance Education & Community Platform

Vision: A world where movement and dance are recognized as essential practices for healing, learning, and human connection – accessible to everyone, everywhere, through open knowledge and community.

Mission: To create, share, and preserve the collective wisdom of conscious dance, empowering people of all backgrounds to explore movement as a path to self-awareness, emotional well-being, and social connection ([Dance Resource](#)). The DanceResource project builds a global, inclusive platform that celebrates dance, science, and collaboration – a living repository and community hub that keeps dance communities vibrant, inclusive, and inspired ([Dance Resource](#)).

Executive Summary

Conscious dance – a practice of mindful, freeform movement – has emerged as a powerful antidote to the stress, isolation, and mental health challenges of modern life ([Introduction to Conscious Dance - Dance Resource](#)). Worldwide, nearly **1 in 4 people report feeling lonely** ([Loneliness Statistics Worldwide | Mind Voyage](#)) and **1 in 8 live with a mental disorder** (around 970 million people) ([Mental disorders](#)). At the same time, research shows that embodied movement practices can **decrease psychological distress, increase mindfulness, and enhance quality of life** ([Conscious dance: Perceived benefits and psychological well-being of participants - PubMed](#)). In one large study, over 95% of participants with depression, anxiety or trauma histories reported that conscious dance helped them cope, fostering greater presence and "flow" in their lives. The need for accessible, community-based well-being practices is urgent – and dance offers a joyful, inclusive way to reconnect.

GLOBAL MENTAL HEALTH AND LONELINESS STATISTICS

In 2019, 1 in 8 people worldwide were living with a mental disorder
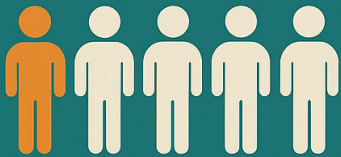
COVID-19 PANDEMIC TRIGGERED

25%

INCREASE IN ANXIETY AND DEPRESSION

NEARLY 1 in 4 people worldwide report feeling lonely

POINT TO A NEED FOR ACCESSIBLE, COMMUNITY-BASED WELLNESS PRACTICES

DanceResource.org is a visionary non-profit initiative addressing this urgent need by building an open-source platform for conscious dance education and knowledge sharing. The project is led by a founder with 20 years of software development experience, 3 years as CTO of a U.S.-based AI company and 9 years immersed in conscious dance. As the founder of Makonda, a Belgrade-based, 18 years old software development company renowned for delivering high-end web and mobile solutions, he brings deep expertise in creating scalable, human-centered digital platforms and leveraging advanced AI tools for research, content generation, and collaboration.

The DanceResource.org platform will integrate a collaborative wiki, an educational mobile/web app, online community forums, and open science tools into a single, accessible ecosystem. Developed by a dedicated team of experienced professionals and emerging talent, the project is designed to offer a seamless and inspiring user experience. All resources will be freely available to the public, serving as a living library and global community hub for dancers, facilitators, researchers, and newcomers alike. This platform will enable users to create, share, and preserve knowledge about conscious dance, encompassing techniques, best practices, scientific research, and personal experiences.

The core elements of DanceResource include a Wikipedia-style knowledge base of articles, a guided practice app with music and exercises, community discussion forums for peer support, and event listings to bridge online content with real-world dance gatherings. Content will span foundational introductions ("What is Conscious Dance?"), guides for facilitators, research

summaries, and cultural histories. Crucially, the entire project is open-source and community-driven: code and content are open for contributions, ensuring transparency and inviting a global network of volunteers and partners to co-create this resource.

The project is in an early stage but solidly underway. A beta **Dance Resource Wiki** is already live with dozens of curated pages on conscious dance principles, benefits, and methods ([Dance Resource](#)). The founder's tech team has set up the infrastructure and will iterate quickly. Over the next 12–18 months, we plan to launch the mobile app, community forums, global event lists, seed multilingual content, and host virtual dance events to galvanize participation. By leveraging open-source development and existing passionate communities (e.g. 5Rhythms, Open Floor, Ecstatic Dance), DanceResource aims to scale organically to reach users in every continent.

Impact & Funding: DanceResource will operate on a donation-based, grant-funded model – similar to Wikipedia or open-source projects – ensuring the platform remains free of charge and ad-free for all. Support from visionary investors, foundations, and conscious movement allies will fuel initial development, content creation, and outreach. The return on this investment is measured in **social impact**: improved mental health and emotional resilience for participants, preservation of important cultural knowledge, and a stronger global community centered on empathy, embodiment, and inclusivity. With modest funding, we can unlock enormous volunteer energy and expertise; with strategic partnerships, we can integrate conscious dance into wellness programs, education, and research worldwide.

In summary, DanceResource.org is a **timely, ambitious, and achievable** project. It combines a **passionate mission** (bringing movement-based healing to a world in need) with a **pragmatic plan** (seasoned tech leadership, open-source tools, and community partnerships). We invite you to join us in cultivating this platform for collective growth – an investment in human connection and well-being that will ripple out to benefit countless lives.

Project Documentation

Introduction

Conscious dance is more than an exercise or art form – it is a **mindful movement practice** that encourages authentic expression, community bonding, and personal insight (Introduction to Conscious Dance - Dance Resource). Practices like Ecstatic Dance, 5Rhythms, and others have spread across the globe, indicating a widespread hunger for freeform, heart-centered dance experiences. However, the knowledge and techniques of conscious dance are often siloed within individual schools or local communities. There is **no single go-to resource** where someone curious can learn about all the different methods, the science behind them, how to get started, or how to connect with others on this path. DanceResource aims to fill that gap by providing a **unifying platform** for all things related to conscious dance:

- **Education:** Clear introductions and guides that demystify conscious dance for newcomers (answering questions like "What is it and why do we dance?"), as well as deep dives into techniques, facilitation methods, and the interplay of movement with psychology and spirituality.

- **Collaboration:** A wiki and forums where practitioners around the world can contribute knowledge, document emerging practices, share stories, and collectively build an

evolving library of wisdom – much like Wikipedia has done for general knowledge.

- **Innovation:** By embracing open science, DanceResource will incorporate research and even facilitate studies (e.g. surveys of dancers' experiences) to advance understanding of how dance affects well-being, making all findings publicly accessible.

- **Inclusion:** Ensure that content and community reflect **global diversity** – including translations and culturally varied practices – so that *anyone* who dances or wants to dance can see themselves represented and can contribute.

In short, DanceResource is positioned as the **digital home** for the conscious dance movement worldwide. It will be a space where a long-time 5Rhythms dancer can publish an article on movement and trauma healing, a newcomer can find a beginner's guide and local event, a facilitator in one country can share a playlist or exercise with those in another, and scientists can find aggregated data on dance's benefits. All of this will be offered as a public good, freely and openly.

Goals & Objectives

The primary goals of the DanceResource initiative are:

- **Preserve and Disseminate Knowledge:** Compile the extensive but scattered knowledge of conscious dance (principles, techniques, modalities, histories) into an organized, searchable knowledge base (wiki). This ensures that the wisdom of elder practitioners and new innovations alike are documented for future generations.

- **Empower Education & Practice:** Develop an app and content that guides individuals through movement practices, exercises, and courses – lowering the barrier to entry and helping users integrate dance into daily life for stress relief, creativity, and emotional processing.

- **Foster Global Community:** Create forums and host events (virtual and eventually hybrid/physical) that allow enthusiasts, teachers, and researchers from different backgrounds to meet, discuss, and inspire each other. A key objective is to reduce the sense of isolation by giving people a place to belong (a "digital dance tribe").

- **Integrate Science and Research:** Bridge the gap between **experiential wisdom** and **scientific research**. By summarizing existing studies, partnering with researchers, and possibly conducting citizen-science projects (like surveys on mood before/after dance), we aim to validate and communicate the benefits of conscious dance in a credible way. This could lead to broader adoption in healthcare, therapy, and education.

- **Sustain a Free, Open Platform:** Secure a sustainable support model (through donations, grants, volunteer contributions) to keep all resources free to use. A formal

objective is to establish DanceResource as a registered non-profit and ensure governance that protects its open, community-driven nature.

Each of these goals is underpinned by specific, measurable objectives – for example, "reach X number of wiki articles and Y active contributors in the first year," "launch the app with at least Z guided practices available," "host quarterly online dance meetups," or "publish an annual report on community demographics and feedback." Progress toward these objectives will be continuously evaluated through community input and transparent metrics (e.g. platform analytics, user surveys).

Scope of Work

The scope of DanceResource spans multiple interconnected components and deliverables. The project is structured into several work streams that together form the DanceResource ecosystem:
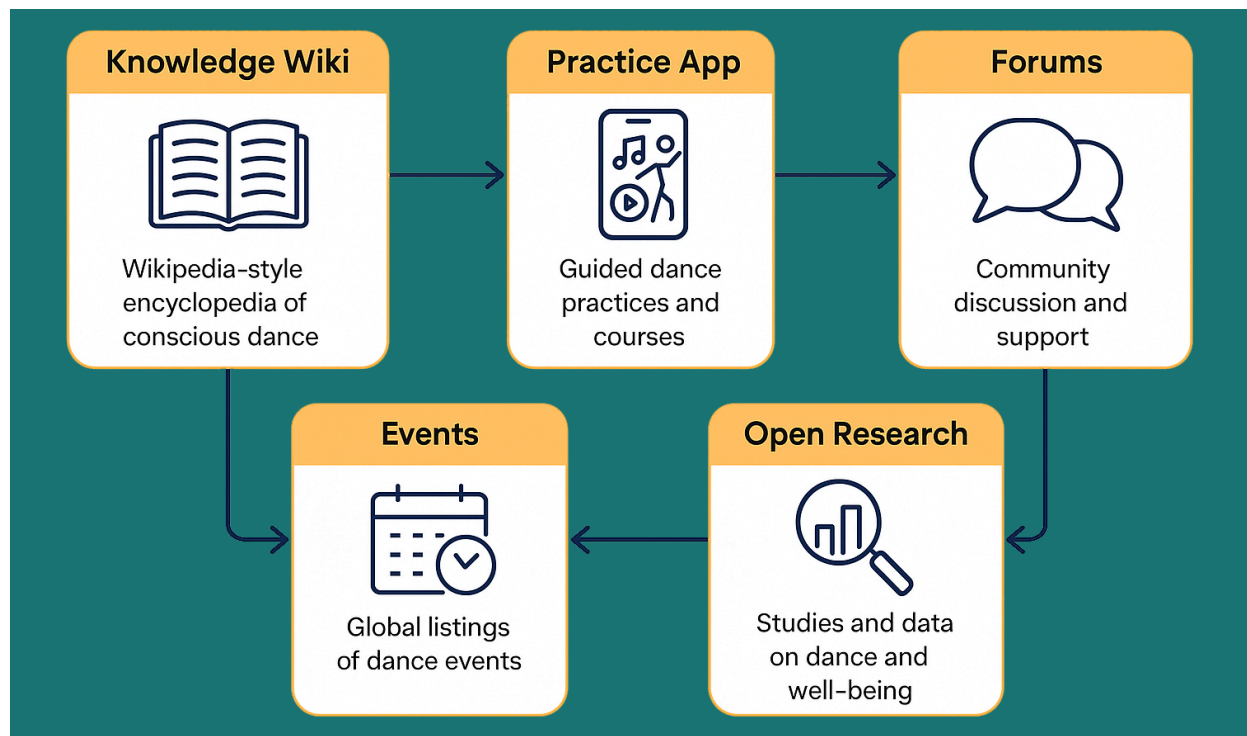

*Figure: Diagram of the DanceResource ecosystem, connecting its core components —
Collaborative Wiki, Mobile App, Community Forums, Events, and Open Science integration —
all centered around the DanceResource platform.*

- **Collaborative Wiki (Knowledge Base):** An online encyclopedia of conscious dance. This will use MediaWiki (the software behind Wikipedia) to allow vetted contributors to add and edit content. The wiki will host articles on concepts (e.g. "Embodiment & Somatic Awareness" (Dance Resource)), major practices (5Rhythms, Open Floor,

Contact Improv, etc.), benefits (e.g. dance and mental health), facilitator guides, historical context, FAQs, and more. It will also include a **Curated Resource Library** (links to books, videos, classes) and **Appendices** (glossary, reference lists). *Status:* The wiki is already live in beta with foundational content populated (over 50 initial articles across key topics). Ongoing work includes expanding content, implementing translation extensions for multi-language support, and recruiting volunteer editors.

- **Educational Mobile/Web App:** A free app (for smartphones and also accessible via web) that offers guided dance practices, exercises, and courses. The app will transform static knowledge into **interactive learning**: for example, a beginner can follow a 10-minute guided movement meditation with audio instructions and music, or a facilitator can take a mini-course on leading trauma-sensitive dance sessions. Features envisioned include customizable music playlists, "movement journaling" prompts, and possibly motion tracking (using phone sensors) for biofeedback in a privacy-respecting way. The app will sync with wiki content (for deeper reading) and forums (for discussion). *Status:* Currently in design phase – early mockups outline a clean, user-friendly interface with a library of sessions, a progress tracker, and community feed. Development will commence Q3, aiming for an MVP release by Q4.

- **Community Forums & Social Features:** An online forum (and eventually in-app community feature) where users can ask questions, share experiences, and form interest groups (e.g. "Dance in Education," "5Rhythms practitioners in Asia," "Music & Playlists"). This will be moderated to maintain a safe, inclusive tone. We plan to use open-source forum software (like Discourse) integrated with single sign-on for wiki/app users. Additionally, community moderation tools and codes of conduct will be put in place. *Status:* Planned for Q3 launch – initially as a web forum linked from the wiki, with categories for introductions, regional connections, knowledge Q&A, and feedback/suggestions for the platform itself.

- **Events & Workshops**: DanceResource will feature a global calendar of conscious dance events — from local classes and virtual workshops to annual gatherings. In addition to community-submitted listings, we'll implement automated integration with existing event databases (with consent), to ensure up-to-date listings across modalities like 5Rhythms, Open Floor, and Ecstatic Dance. Early stages will include pilot online sessions (e.g., streamed ecstatic dances, guest webinars), with future plans to support regional chapters and in-person connections. We already have interest from a few facilitators to run pilot online sessions under the DanceResource banner.

- **Open Science Integration:** This entails features and activities that incorporate scientific research. Within the wiki, a **Scientific Research & Evidence** section compiles summaries of studies (e.g. on dance and anxiety reduction - [Conscious dance: Perceived benefits and psychological well-being of participants - PubMed](#)). The platform will also support data collection for research with proper consent – for instance, optional mood surveys for users before and after dancing, whose aggregated anonymized results

could be shared with research partners. We aim to collaborate with psychologists and neuroscientists (some have informally expressed interest) to perhaps run studies through the app (e.g. measuring the effect of a 4-week dance program on stress). All research output, whether analysis or raw data, would be openly published to advance knowledge in line with open science principles. *Status:* Ongoing outreach to potential academic advisors in dance therapy and psychology. Basic survey tools can be integrated into the app in later versions; initial focus is on populating the wiki with existing research (e.g. the PubMed study cited here).

The table below summarizes the key project components, their purpose, and the development timeline:

Component	Description	Timeline (Target)
Knowledge Wiki	Open encyclopedia of conscious dance (articles, library, research summaries)	Beta launched (Q1 2025); Continuous expansion throughout 2025
Mobile/Web App	Guided practices and educational modules in an interactive app format	Design Q2 2025; MVP release Q4 2025
Community Forums	Online discussion boards and social networking for dancers	Launch Q3 2025 (web forum), integrate with app by Q1 2026
Events Calendar	Listings of virtual and local conscious dance events, with submission system	Pilot (virtual events) Q4 2025; Full feature by Q2 2026
Open Science Tools	Surveys, data dashboards, and research collaborations integrated into platform	Planning 2025; Phased implementation 2026 and beyond

Stakeholders

The success of DanceResource relies on engaging a broad set of stakeholders, each with roles and interests in the project:

- **Founder & Core Team:** *Miloš Gačanović* (Founder/Project Lead) combines two decades of experience in software development with nine years of active participation in conscious dance to guide the project's vision and execution. While the platform will be built by a small, dedicated team, Miloš may draw on technical expertise, infrastructure, and know-how from his existing software company to accelerate development and ensure quality. The core team also includes a content coordinator (leading wiki content strategy) and a community manager (fostering early user engagement). Together, they

oversee daily operations, platform design, and alignment with DanceResource's mission.

- **Conscious Dance Practitioners and Facilitators:** This group includes dancers, teachers, workshop facilitators, and training organizations across modalities (5Rhythms, Open Floor, Ecstatic Dance, Movement Medicine, Contact Improv, etc.). They are both *contributors* and *end-users*. As contributors, experienced practitioners can write articles, create educational content, and serve as forum moderators or ambassadors in their region. As end-users, they benefit from a broader audience for their events or writings, and from connecting with peers globally. Many in this community have already expressed enthusiasm for a central resource – for example, facilitators often seek credible information on the benefits of dance to help introduce the practice to new audiences, which the wiki can provide.

- **General Public / Wellness Seekers:** These are individuals around the world who might be new to conscious dance but are interested in personal development, mindfulness, or creative expression. They represent the growth audience that DanceResource can reach. For them, the platform serves as an entry point – a safe, welcoming place to learn what conscious dance is and how to try it (perhaps via the app's guided sessions). By engaging this group, we address the project's broader social impact goal: making the therapeutic power of dance accessible to those who might not otherwise encounter it. Their feedback will be crucial to ensure the content is approachable and the tech is user-friendly.

- **Researchers and Academics:** Stakeholders in the scientific and academic community (psychologists, dance/movement therapists, neuroscientists, educators) find value in DanceResource as a data source and dissemination channel. They can contribute by advising on research summaries to ensure accuracy, suggesting studies to feature, or even designing collaborative experiments. In return, the platform can amplify their findings to a ready-made community of practice, accelerating the translation of research into real-world application. We anticipate forming an advisory circle of a few experts to guide our open science efforts and lend credibility when approaching funding bodies.

- **Partners & Allied Organizations:** We see partnership opportunities with existing organizations and initiatives:

  - *Conscious Dance Schools/Brands:* (e.g. 5Rhythms Global, Open Floor International, Ecstatic Dance communities) – rather than viewing DanceResource as competition, these can benefit from a neutral platform that celebrates all schools. We will maintain respectful, supportive relationships, possibly cross-linking their official sites and inviting them to share non-proprietary aspects of their methods on the wiki.

  - *Wellness and Mindfulness Platforms:* Apps like Insight Timer or Insight-oriented communities can be allies. For instance, Insight Timer (a meditation app with >15

million users) has built a huge library of guided practices ([Insight Timer Case Study | Google Cloud](#)); a partnership could involve cross-promoting conscious movement content on their app and mindfulness meditations on ours.

- *Educational and Cultural Institutions:* Universities, arts councils, or NGOs focused on health and youth could partner for content (imagine a module on "dance in schools" co-created with an educational nonprofit) or to host events.

- *Donors and Foundations:* As a non-profit initiative, relationships with foundations in the arts, mental health, or technology spaces are key. These stakeholders are not users per se, but their support and requirements (like impact reporting) shape the project.

- **Community at Large:** Lastly, the open-source developer community and the global internet public are stakeholders in a more general sense. By open-sourcing our code and content, we invite volunteer developers, designers, and translators to contribute. A developer in another country might improve our codebase; a bilingual dancer might translate articles. This broad community becomes the backbone of the project's sustainability, akin to how thousands of volunteers sustain Wikipedia. Ensuring clear contribution guidelines and recognition for contributors will keep this group engaged.

Communication channels will be tailored to each stakeholder group (e.g. regular update newsletters for donors and advisors, social media and forum updates for users, collaborative tools like GitHub for developers). Our stakeholder strategy centers on **inclusion and co-creation** – making everyone feel they have a voice and ownership in DanceResource's development.

Open Source & Community Involvement

From its inception, DanceResource has been committed to openness – in technology, content, and governance. This is not just a philosophical stance but a strategic one: **community involvement** is the only way a project of this scope can thrive globally in the long term. Key elements of our open approach include:

- **Creative Commons Content:** The text content of the wiki will be under a Creative Commons Attribution-ShareAlike license (CC BY-SA), aligning with Wikimedia's model. This means anyone can reuse the content (even commercially) as long as they credit and keep it open. This choice maximizes reach – for instance, a yoga website could reprint an article on "Benefits of Conscious Dance" to educate its audience, spreading our mission. Likewise, images and media contributed will be encouraged to use open licenses.

- **Community Contribution Framework:** We are establishing processes to make it easy and rewarding for the community to participate. This includes contributor guides (how to

edit the wiki, how to propose a new feature), codes of conduct (to keep interactions respectful), and recognition systems. For example, top wiki contributors may be acknowledged on a "Community Leaders" page or invited to special online meetups. For development, we'll use typical open-source workflows (issues, pull requests) and possibly hackathons to draw in talent. For content, we plan to run **"writing sprints"** or themed months (e.g. "July: Focus on Dance & Mental Health" where volunteers add related content).

- **Transparency and Governance:** Major decisions about the platform (features, policies, use of funds) will be made transparently. We intend to publish meeting notes, roadmap plans, and financial statements openly. As the project grows, a governance board including community representatives will be formed to guide the non-profit. This democratic approach not only builds trust but also offloads some leadership burden via community self-management (for instance, community-elected moderators). The ethos is that **DanceResource belongs to everyone** who values its mission.

- **Localization and Global Outreach:** Being open allows organic localization. We will invite volunteers to translate interface strings and content. The wiki can support multiple languages (potentially set up a Translate extension). Already, interest has come from contacts in at least three countries to translate key pages once the English versions are stable. By not locking content behind proprietary walls, local dance organizations could take our materials and adapt them for their community workshops or even print them as booklets, which we'd fully encourage. Openness also means flexibility in **adaptation** – if, say, a partner in Latin America wants to fork the app and add culturally specific content, the open license permits it while still maintaining ties to the main project.

- **Open-Source Software:** All custom software developed for the platform (the mobile app, any custom wiki extensions or integrations) will be released under an open-source license (e.g. MIT or Apache). We will host the code on a public repository (GitHub) to allow transparency. This enables volunteer developers to contribute features or fixes and ensures that the project's technology can outlast the involvement of any single individual or company. It also opens possibilities for collaborations with universities or other open-source projects (for example, integrating improvements from the Wikimedia community or using open libraries for features like data visualization).

In summary, openness is both our guiding principle and our growth engine. By lowering barriers to participation, we tap into a huge well of goodwill and creativity in the conscious movement community and the tech world. This collective approach not only reduces costs but ensures that DanceResource stays relevant and up-to-date, because it's built *with* the community, not just *for* it.

Timeline & Milestones

The project timeline is structured in phases over the next ~3 years, with key milestones identified for each major component. Below is an outline of our roadmap:

Q1 2025: Foundation Laying

- Officially kick off the project (form core team, finalize project plan).

- ✅ **Launch Wiki (Beta)** – Wiki goes live with initial content (50+ pages covering introduction, basics, core methods, FAQ). *(Achieved in March 2025 – now in continuous development).*

- Start building the www.danceresource.org main portal page which connects all subdomains/sections.

- Initial outreach to core community members and advisors – gather feedback on content and platform plans.

- Draft designs for mobile app and identify technical architecture (tech stack, hosting needs).

Q2 2025: Development Sprint 1

- **Launch landing page** – Custom page deployed on `www.danceresource.org`, with a clear overview, call-to-action for contributors, and connection to subdomains (wiki, events, forums).

- **Register the nonprofit organization** to formalize the initiative and enable access to global nonprofit infrastructure, grants, and partnerships.

- Finalize the UI/UX design of the educational mobile/web app, incorporating feedback from early community testers.

- Begin app development of core features such as user accounts, guided audio/video playback, content integration, and an AI-powered assistant.

- Launch initial community-building efforts: a public newsletter/blog, social media channels, and volunteer onboarding.

- **Grants** – Begin outreach not only to arts/wellness grants, but also to visionary funders in tech-for-good, mental health, and open-source/open-knowledge movements (e.g., Mozilla Foundation, Mind & Life Institute, EU programs).

Q3 2025: Community & Platform Integration

- **Launch Events Calendar** – Deploy Mobilizon on `events.danceresource.org`, customized for conscious dance (modality tags, geo filters, scraping integrations).

- **Launch Community Forums** – Set up Discourse at `community.danceresource.org`, seeded with categories and onboarding content. Milestone: attract 100+ early members through outreach.

- **Implement Single Sign-On (SSO)** – Use Keycloak (`sso.danceresource.org`) to unify authentication across wiki, forums, events calendar, and main site.

- Reach 200+ wiki articles. Begin pilot translations of key content into Spanish, French, German, Chinese, and Serbian.

- App development continues: deliver a working MVP prototype with content playback, article access, and login system.

- Host a first online community event (e.g., Zoom ecstatic dance or AMA with a teacher) to celebrate the launch wave and engage early adopters.

Q4 2025: Initial Launches and Iteration

- **Public Launch of v1.0 App** – Release the app on app stores (Android and iOS) by December 2025. Even if limited in content, this marks a big milestone. Aim for a few thousand downloads via community networks.

- **Partnership Kickoff** – By this time, secure at least 1–2 formal partnerships (for example, a Memorandum of Understanding with a conscious dance teacher association or a university lab) to collaborate in 2026.

- **AI Integration Phase** – Begin integrating AI-assisted features across the platform: guided dance generation, personalized practice recommendations, AI-enhanced event discovery, and wiki summarization tools. This will be done with ethical and transparent AI practices, prioritizing privacy, consent, and human creativity.

- Conduct a year-end review with stakeholders and publish a **2025 Annual Report** summarizing achievements (wiki size, user stats, stories of impact) – demonstrating accountability.

2026: Expansion and Impact

- **Q1-Q2 2026:** Focus on **refinement and growth**. Improve the app (add community features, more content, possibly introduce a "personalized practice" feature). Expand wiki content to niche topics (e.g. dance for specific groups like seniors, therapeutic techniques, etc.). Aggressively grow user base through partnerships (for example, have 5Rhythms teachers announce the platform to their classes).

- **Mid 2026:** Host the first *in-person* gathering or presence at a conference (for example, a DanceResource meetup at ICMTA https://icmta.com/Teachers-Gathering-2025, major conscious dance festival or a presentation at a wellness conference) to raise profile. Milestone: Platform reaches 10,000 registered community members globally.

- **Q3 2026:** Initiate **research collaborations** – possibly launch a formal study using the platform (subject to IRB if academic). Also by this time, implement any needed revenue features for sustainability (like a donations portal, Patreon, etc.).

- **Q4 2026:** Achieve multilingual support – have full sections of the wiki in at least 5 languages and app interface localized. Run a global synchronized dance event (a "24-hour dance wave" that travels time zones) to showcase unity of the community, with stories collected for promotion.

2027 and Beyond:

- **Scale & Sustain:** With core features in place, the focus shifts to scaling the impact – reaching schools, healthcare settings, and new demographics. The project would aim to establish regional volunteer chapters (e.g. DanceResource Latin America or Asia etc. under the umbrella) to further localize and spread.

- **Annual milestones**: Each year measure increases in content (target +50% pages/year), active contributors, and end-users benefiting. We plan to integrate outcome evaluations, such as collecting testimonials or case studies of how access to DanceResource helped someone (for instance, a user overcoming anxiety through a daily dance practice they learned from the app).

- **Long-term Vision**: By 2030, we envision DanceResource as a well-known hub in the wellness sphere, potentially serving millions of users and being self-sustained through widespread community support – a bit akin to how **Insight Timer** became a top meditation app with a large user base (Insight Timer Case Study | Google Cloud), we aim for DanceResource to be *the* reference for conscious dance.

This timeline will remain flexible to adapt to opportunities or challenges (for example, if a large grant comes through, we could accelerate hiring; if user growth outpaces expectations, we might prioritize scalability earlier, etc.). However, the phased approach ensures we **build iteratively**, delivering value at each stage and proving the concept step by step. Regular check-ins at milestones will allow us to course-correct with input from stakeholders.

Feasibility Study

Market Need & Urgency

Modern society faces a dual crisis of mental health and social disconnection. The data is sobering: in 2019, about **970 million people worldwide** were living with a mental disorder (primarily anxiety and depression) (Mental disorders). The COVID-19 pandemic exacerbated this, with global rates of anxiety and depression increasing by over 25% in a single year. At the same time, loneliness has reached epidemic levels – nearly **1 in 4 people globally report feeling moderately or very lonely** (Loneliness Statistics Worldwide | Mind Voyage). This isolation and stress contribute to a host of health issues and reduce quality of life.

Conscious dance directly addresses these urgent needs by providing an **experience of connection** – to one's own body, to emotions, and to others in a community setting. Unlike therapy or meditation that may feel intimidating or slow, dance is *joyful* and *engaging*, releasing endorphins and helping people express what might be hard to put in words. Research supports its efficacy: participants in conscious dance report heightened mindfulness and life satisfaction (Conscious dance: Perceived benefits and psychological well-being of participants - PubMed). In a survey of 1,000+ dancers, **99% felt more present in their body** and **93% experienced being "in the flow"** during dance. Among those with conditions like depression, anxiety, or trauma, upwards of 90–96% said dance helped them cope and provided therapeutic benefits. These figures are remarkable – few interventions have such broad positive feedback.

Yet, the ability to benefit from conscious dance is often limited by access: one might not know where to find a class, feel nervous to attend, or simply be unaware that such a practice exists. This is especially true for people outside major urban centers or those who can't afford classes. There is an **urgent market need** for an accessible, low-cost (or free) resource that introduces conscious dance and supports individuals in practicing it safely on their own or in virtual groups. Additionally, many people who are already inclined towards wellness (meditators, yogis, etc.) have not tried dance as a modality – reaching them could significantly amplify well-being outcomes.

DanceResource is poised to meet this need by **lowering barriers**: it provides free educational materials that demystify the practice and a free app that can guide someone in their living room. It is like having a friendly dance facilitator on-call, anywhere, anytime. Importantly, it also nurtures **social reconnection** – through forums and community events – which hits at the loneliness issue. The timing is ripe: the pandemic forced many dance communities to go online, proving people *will* dance together via digital platforms. Now, with global comfort in online

interaction and renewed interest in mental health, a platform that combines online convenience with somatic, joyful practice can be highly impactful.

In summary, the convergence of the mental health crisis, digital alienation, and the proven benefits of conscious dance creates a strong urgency for a solution like DanceResource. The "market" here is not just a commercial one, but a societal one – millions who need healing and could embrace it if given the chance in an inclusive way.

Existing Solutions & Landscape

Conscious dance as a field has grown significantly in the past decades, but existing solutions tend to be fragmented or focused on specific schools/traditions. Here we map the landscape:

- **5Rhythms:** Founded by Gabrielle Roth in the 1980s, 5Rhythms is one of the most established conscious dance modalities. It operates through certified teachers who lead classes and workshops worldwide. The 5Rhythms community is robust – there are **tens of thousands of dancers in over 70 countries, and 500+ certified teachers globally** ([What is 5Rhythms? | 5Rytmiä](#)). This proves the *global demand* for such practice. However, 5Rhythms knowledge largely flows through in-person workshops and their official books/materials; there isn't an open platform where all that collective knowledge is written down for public access. Also, one usually has to pay for classes. (They did launch a class finder app ([5Rhythms on the App Store](#)), but it's specific to their network.) DanceResource can complement 5Rhythms by documenting its principles (with permission) and guiding newcomers who may later join official classes.

- **Open Floor:** A conscious dance organization that emerged from senior 5Rhythms teachers forming a new movement. Open Floor International has trained hundreds of teachers and emphasizes community building through dance ([Open Floor International](#)). They, like 5Rhythms, have a centralized structure for teacher training and a curriculum, but no broad public online resource. They produce some online content and probably have member communications, but again, knowledge is in-house. Our platform could partner with Open Floor to share some of their excellent frameworks (e.g. Open Floor's "4×4" pillars of embodiment) on the wiki, giving them credit and driving interested people to their classes.

- **Ecstatic Dance:** Not a trademarked school but a decentralized movement. Ecstatic Dances are typically community-organized events (often weekly) where people dance freely to a DJ's music under simple guidelines (no talking on the dance floor, substance-free, etc.). **There are over 700 registered Ecstatic Dance communities worldwide** across six continents ([The Sacred Steps of Ecstatic Dance — The Revealer](#)), making it perhaps the most widespread conscious dance format. Its strength is accessibility – you don't need training to attend – but because it's decentralized, quality and approach can vary. Some cities have Facebook groups or websites, but there's no central knowledge repository for Ecstatic Dance either (aside from a few short articles or the official site listing guidelines). DanceResource could serve Ecstatic Dance by

providing a place to share playlists, experiences, and maybe by listing all those global communities on an interactive map (imagine an Ecstatic Dance attendee traveling and using our site to find their next dance in any city).

- **Other Modalities:** There are numerous other conscious movement practices – *Movement Medicine, Soul Motion, Nia Technique, JourneyDance, Contact Improvisation,* and region-specific forms (like Trance Dance rituals, etc.). Each has its ecosystem of classes, some have books or online videos. None have the reach of 5Rhythms or Ecstatic Dance but collectively they form a rich tapestry. Many practitioners dabble in multiple forms. Currently, someone interested might have to hunt across many websites and social media to learn about each. Our initiative is unique in aiming to **aggregate and neutrally present all these practices side by side**, giving users a comparative and complementary view.

- **Mindfulness & Meditation Apps:** On the digital side, it's useful to compare DanceResource with the booming mindfulness app sector. **Insight Timer** stands out as a relevant analogy – it's a free meditation app/community with *over 15 million users* and a huge library of guided content ([Insight Timer Case Study | Google Cloud](#)). Insight Timer's success (ranked among top wellness apps and boasting extremely high user engagement ([No selling allowed: how Insight Timer is building the biggest ...](#))) shows the potential of a free, community-driven approach in the wellness tech market. However, Insight Timer, Calm, Headspace, etc., focus primarily on seated meditation, sleep, and breathing exercises. Movement is underrepresented – perhaps only yoga apps (like DownDog) address the body, but those are more exercise-oriented. There is no mainstream app for *dance* as a wellness practice. A small app called "Mindful Dancing" exists ([Mindful Dancing - Apps on Google Play](#)), but it's niche and not widely known. The app Open: Breathwork + Meditation ([Open: Breathwork + Meditation on App store](#)) blends meditation, breathwork, and some movement practices in a highly polished, studio-style format—but it's premium-oriented and more fitness-adjacent than community-driven. This is a gap DanceResource aims to fill – essentially to do for conscious dance what Insight Timer did for meditation: provide scale and accessibility. Also noteworthy: Insight Timer's model is freemium but mostly free, sustaining via donations and optional courses. This validates our intended revenue approach for a digital community.

- **Conscious Dancer Magazine / Dance First Association:** There is a publication called *Conscious Dancer* (as a magazine and online platform) which provides articles, event listings, and runs the Dance First Association, a membership for movement facilitators. This is a great resource for those in the know, but it operates more like a traditional media and professional network. Content might not be open-source or easily searchable by topic. We consider them allies; we might syndicate some of their articles or at least not duplicate efforts in areas they cover. But our focus on building a wiki and open educational tool is distinct from a magazine's role.

In summary, existing solutions demonstrate **demand and content** but are siloed or limited in accessibility:

- The major dance modalities have *content depth and communities*, but insular platforms.

- The digital wellness sector shows *reach and scalability*, but doesn't yet include dance adequately.

- No existing solution combines free educational content, an app, community forums, and scientific grounding for conscious dance in one place.

DanceResource's unique value lies in integrating these elements: leveraging the knowledge of the established modalities in an open way, using digital distribution for global scale, and fostering cross-pollination between communities and science. We view ourselves not as competitors to any single modality or app, but as a connector and amplifier in the ecosystem. By collaborating wherever possible (e.g., linking to 5Rhythms classes, featuring Ecstatic Dance guidelines, sharing meditation tracks from Insight Timer with movement instructions layered on top), we can create a "one-stop" platform that enriches all.

Technical Feasibility

The technical feasibility of DanceResource is very high, due to a unique combination of skilled leadership, proven tools, and a rapidly evolving tech landscape:

Experienced Tech Leadership & AI Expertise: The project is led by the founder of both DanceResource.org and Makonda, a well-established software development company. With over 20 years of software development experience and 3 years as CTO of a U.S.-based AI company, the founder brings not only deep technical skill but also strong fluency in cutting-edge AI tools. These tools will be integrated throughout the development process – from content generation to smart content recommendations and user personalization – making the build faster, more adaptive, and increasingly cost-efficient as AI continues to advance rapidly.

Built on Robust, Open Technologies: Each platform component will be developed using reliable, open-source technologies:

- **MediaWiki** powers the knowledge base and is already online at wiki.danceresource.org, handling dozens of contributors and 100+ initial articles.

- **Discourse** will support global discussion forums at community.danceresource.org, offering powerful moderation tools and SSO compatibility.

- **Mobilizon** handles the events calendar at events.danceresource.org, which will feature custom filters (e.g., by dance style or facilitator) and optional data syncing from external

calendars.

- **Flutter**, a powerful cross-platform framework, will be used to develop the mobile and web app, fully integrated with all parts of the DanceResource ecosystem to provide a seamless experience for learning, practice, and community engagement.

- **Keycloak** will provide secure, centralized Single Sign-On (SSO) for all components through sso.danceresource.org.

Lean, Flexible Technical Team
A small core development team will handle all implementation, infrastructure setup, DevOps, and QA. The founder may draw on trusted collaborators or bring in short-term contractors to meet project needs. If external partners (e.g., universities, tech donors) contribute development capacity, the project is designed to integrate that support flexibly. All development work will be public and open source, enabling transparency and collaboration.

Phased, Modular, and Scalable Architecture
The platform is designed to grow in stages. Each component (wiki, forums, events, app) functions independently but connects via SSO for a unified experience. Content is API-driven, allowing future synchronization between platforms. We'll launch with several thousand users in mind, but the cloud-native architecture (e.g., DigitalOcean, CDN caching, Firebase) is scalable to hundreds of thousands.

AI as an Accelerant - As new AI tools emerge, they will increasingly assist with:

- Generating and editing content (e.g., guided practices, translations)
- Curating events and resources personalized to user
- Moderation and tagging in community spaces
- Supporting educational tools inside the app

These capabilities enhance efficiency and unlock features previously only accessible to large organizations.

Challenges & Mitigations

- **Scalability**: Microservices, caching, and autoscaling infrastructure will ensure we're ready to grow.

- **Security/Privacy**: We'll implement end-to-end encryption, GDPR compliance, optional pseudonymous accounts, and secure SSO/OAuth authentication.

- **Content Integration**: APIs and custom MediaWiki extensions will keep content in sync across platforms.

- **Open Source Governance**: We will maintain a transparent codebase, with clear contribution guidelines, CI/CD pipelines, and responsible review processes to support external collaboration.

In summary, DanceResource's technical foundation is solid, flexible, and scalable. By combining established open-source tools with experienced leadership and emerging AI capabilities, we're building a reliable, intuitive platform that empowers users and welcomes contributors. The real challenges lie in content growth and community cultivation — not technology — and we're prepared with the systems and vision to meet them.

Risks & Mitigations

Like any ambitious project, DanceResource faces various risks. We have identified key risk factors and devised mitigation strategies for each:

- **Content Quality and Accuracy:** With open contribution, there's a risk that content on the wiki could be inaccurate, biased, or low-quality. Misinformation about therapeutic practices could be harmful. *Mitigation:* We will establish an editorial review process, at least in early stages. Initial content is being written by experts/founders and reviewed by peers. We might implement an approval system (as the wiki currently has an "approved revision" concept). Additionally, citations to reputable sources (research, books) are encouraged on every page, to maintain academic rigor. As the community grows, we will recruit volunteer editors with subject matter expertise (e.g. a dance therapist to watch over the "health benefits" pages). Clear content guidelines will be published.

- **Community Adoption Risk:** "If you build it, will they come?" There's a chance the intended community might not embrace the platform, leaving it underutilized. *Mitigation:* We are actively involving community leaders and early adopters from the start. By getting buy-in from even a small core of passionate users (teachers, organizers) who feel a sense of ownership, they will champion it to others. We are also making the platform's value proposition clear: it's here to *help* them (e.g., promoting their events, giving them visibility as contributors). Our outreach plan includes appearing on community podcasts, Facebook groups, etc. Also, the barrier to trying it out is low (free and anonymous browsing). If adoption in one segment lags, we will analyze feedback and possibly pivot emphasis (for example, if facilitators aren't engaging, perhaps focus more on the end-user self-help aspect, or vice versa). Success for us isn't overnight mass adoption, but steady growth – we'll measure month-over-month active user increases and push outreach if it plateaus.

- **Volunteer Burnout:** The project leans on volunteers (for content, moderation, translation). Burnout or loss of key volunteers could slow progress. *Mitigation:* We plan to maintain a positive, appreciative culture. Recognitions (like showcasing top contributors, providing letters of acknowledgement that they can use in CVs, etc.) will

help. We'll also avoid overwhelming volunteers – for instance, by having realistic expectations (no one is *required* to put in hours, they contribute as they can). By having a broad base of contributors, the project isn't reliant on any single person. The core team will fill gaps when needed and constantly recruit new contributors via events like edit-a-thons or contests (e.g., "most impactful article contribution of the month" award).

- **Funding Shortfall:** As a nonprofit, if we fail to secure sufficient donations or grants, development or operations could slow or stall. We are keeping the budget lean and focusing on high-impact, low-cost strategies (open-source software, volunteer contributions). Our funding strategy includes diversification across individual donors (community crowdfunding), grants (arts councils, mental health initiatives, tech philanthropies), and corporate sponsorships (e.g., wellness-aligned brands). If a shortfall occurs, we will prioritize essential platform maintenance and community support. Expansion activities (e.g., new feature development) may be delayed. Additionally, the founder's software company, Makonda, has pledged a baseline of pro bono technical support to help sustain core operations during lean periods. This provides a reliable fallback to preserve platform momentum while additional funding is pursued.

- **Competition or Duplication:** It's possible that another group tries something similar, leading to split efforts or competition for funds/users. *Mitigation:* We aim to collaborate, not compete. If a similar project arises, we would reach out to explore partnership or even merging efforts if aligned. Our open-source nature means we could even invite them in under the DanceResource umbrella or share content. Also, establishing ourselves early and building goodwill with key community figures will make it more likely others join us rather than go separate ways. We'll stay aware of the landscape, but currently no directly equivalent comprehensive platform exists.

- **Technological Risks:** While we addressed many under feasibility, risks like data loss (server crash) or hacks exist. *Mitigation:* Regular backups (both content and code) are set. Security best practices like HTTPS, strong passwords, and moderation to remove spam will be in place. We'll also prepare a disaster recovery plan – for example, if the main site is down, communicate via email and social media to users, restore from backup on a fresh server within minutes or hours. Additionally, because everything is open, in worst case scenarios the content and code survive (on GitHub, etc.) which is a reassuring fallback.

- **Cultural Sensitivity and Conflict:** The content spans different cultures' practices and personal growth experiences, which can be sensitive. Also, community forums can breed disagreements (say between adherents of different dance schools or differing opinions on spiritual aspects). *Mitigation:* We will enforce a culture of respect and inclusivity. Content will be written to honor diverse traditions without appropriation or favoritism. In forums, moderators will be trained to handle conflicts constructively, reminding users of shared goals. We'll have clear community guidelines (no disparaging any modality or personal attacks). Also involving a diverse set of contributors from various backgrounds

from the start can help flag any issues of tone or representation early.

Each risk is documented in our project plan with an owner on the team to monitor it. We understand that running a community-driven project is dynamic; thus, risk management will be an ongoing process. Through open communication and adaptability, we are confident we can mitigate these risks effectively and steer the project toward its mission.

Potential for Global Reach and Adoption

DanceResource is inherently conceived as a **global initiative**. The practice of dance as ritual, healing, and community is as old as humanity and found in every culture. This gives our project a natural resonance across borders. We outline the factors and strategies that give DanceResource strong potential for worldwide reach:

- **Universality of Dance:** Movement and rhythm are human universals. One does not need to speak a certain language to dance; thus, the core content (once translated) is culturally transferable. We see interest in conscious dance spanning continents – from North America and Europe (where modalities like 5Rhythms are established) to Latin America, Asia, and Africa, where community dance has deep roots and modern forms (like the ecstatic dance scenes in Bali or Kenya's dance for wellness groups) are emerging. Because our platform isn't tied to one lineage or guru, it can organically include and attract many styles. This inclusivity is attractive for global adoption as it doesn't feel "owned" by one culture. For example, an instructor in Brazil can share about *Samba de Roda* (an Afro-Brazilian dance ritual) on equal footing with someone in California discussing 5Rhythms, each enriching the other's perspective.

- **Multi-language Support:** A key strategy is translation of content. We intend to roll out Spanish, French and Chinese versions of at least the essential articles, given those languages would cover significant portions of the world population. The community-driven model of Wikipedia shows that volunteers often take initiative to translate content they care about – we will facilitate that. A globally accessible knowledge base means someone in rural India with a smartphone could read about and try conscious dance in their native language, even if they never attend a Western workshop. This democratises access and could spur local adoption and adaptation. We also foresee user interface translation of the app into many languages, making it feel native to users in different regions.

- **Scalability via Partnerships:** Our partnership strategy is global in nature. For instance, we plan to reach out to organizations like the **International Dance Council (CID UNESCO)**, which has members in over 170 countries, or the **World Health Organization (WHO)**'s mental health initiatives, to explore collaborative dissemination. If we secure endorsements or co-programs with such bodies, the adoption can scale quickly in those networks. Also, partnering with local NGOs or community centers in various countries (e.g., a partnership with a community arts network in East Africa or a

mindfulness center in Japan) can introduce DanceResource at the grassroots level. We also anticipate global press coverage if executed well, since the story of "open-source dance knowledge helping mental health" is media-friendly across cultures.

- **Technology Penetration:** Practically, our distribution medium (digital) is globally available to anyone with internet or a smartphone. As of 2025, billions have access to smartphones, including in developing countries, and mobile internet continues to spread. We plan to ensure the platform works in low-bandwidth scenarios – for example, the app could allow downloading content for offline use, and the website will be optimized for speed. This means someone with limited connectivity can still benefit (which is important for global reach). We also plan to list our app in all regional app stores and perhaps alternative app repositories where relevant (for example, making it available in Huawei's app store for China, etc.).

- **Global Community Building:** We will encourage the formation of local chapters or ambassador programs. For instance, a "DanceResource Ambassador" in each country or region – a passionate volunteer who liaises with us, organizes local meetups, and spreads the word. These ambassadors can translate materials and adapt messaging to their culture. A concrete plan is to host **online global gatherings** at times that rotate to suit different time zones, so everyone can participate at some point. Over time, if resources allow, we might host a global conference or jam (either virtually or rotating host countries) that physically brings together key contributors and enthusiasts – forging stronger international bonds.

- **Evidence of Demand:** Looking at related movements can inform adoption potential:

  - Yoga went global in the last few decades, now practiced in almost every country. Conscious dance could be on a similar trajectory (some call it "the new yoga" in terms of personal growth trend). In fact, many yoga studios around the world now occasionally offer ecstatic dance sessions – indicating cross-pollination.

  - The **Ecstatic Dance** network grew from a single event in Hawaii in 2001 to 700+ communities worldwide in 20 years ([The Sacred Steps of Ecstatic Dance — The Revealer](#)) – largely through word of mouth. With a dedicated online platform, that growth could accelerate further because discovery becomes easier.

  - The popularity of **meditation apps** globally (e.g., Calm has users in over 190 countries) hints that digital wellness tools transcend borders when the content is relatable. DanceResource's content – movement, music, emotions – is arguably even more immediately engaging than listening to a meditation. This could be a compelling factor for viral growth, as users might share the app by having a friend dance with them, etc.

- **Adoption beyond Dance Communities:** The platform isn't only for those who self-identify as dancers. We foresee adoption in adjacent sectors globally:

  - **Education:** Schools looking for SEL (social-emotional learning) tools could use our resources to implement movement activities in classrooms. A translated guide "How to do a 15-minute energy shake-out with students" could see use from New York to Nairobi.

  - **Therapy and Social Work:** Counselors or community health workers globally might use the app or wiki exercises as a complementary tool for clients dealing with trauma or depression, especially in places where access to formal therapy is limited but group activities are feasible.

  - **Corporate Wellness:** Companies around the world are increasingly implementing wellness programs. A short guided dance break is novel and effective; HR managers could adopt our content for employee well-being sessions (we could even produce a "office friendly movement" series).

  - **Rehabilitation and Aging:** Movement is crucial for healthy aging. We could attract elder care centers or rehab therapists from different countries to try our gentle movement guides.

To support adoption, our strategy is to produce some region-specific success stories in the first couple of years – e.g., document how a community center in Spain integrated DanceResource content and saw positive outcomes, and share that story widely. Success breeds success; as more people and organizations see the value, they'll want to join in.

Ultimately, the **open and free nature** of DanceResource is key to its global adoption potential. There's no financial barrier, no license needed to use content in one's own context, and no single ideology being pushed. This openness invites people everywhere to take what is useful and contribute their own flavor back. We anticipate that, much like Wikipedia has local editions and user communities globally, DanceResource will evolve into a worldwide network of dancers and learners, all connected through the central platform but vibrant in their own locales. Our role is to nurture and guide this growth with cultural humility and enthusiasm, ensuring the platform truly serves the globe.

Business Model & Impact Strategy

Donation-Based Sustainability Model

DanceResource is established as a **non-profit endeavor**, meaning our goal is to maximize impact rather than profit. The core of our sustainability model is donation-based funding, supplemented by grants and partnerships. This model aligns with our philosophy that the

knowledge and tools of conscious dance should be a public good, freely available to all who need it.

Donations: We will solicit voluntary contributions from our user community and supporters – much like Wikipedia does with its annual fundraising banners. Even small donations (e.g. $5-$20) from a fraction of users can add up given a large user base. Our target audience – people invested in personal growth, healing, and open-source ideals – are often willing to donate to causes they believe in. We plan to integrate an easy donation flow on our site and app (with messages like "If you find this resource valuable, consider supporting it"). We'll emphasize that donations keep the resources free for those who can't pay. Transparency will be crucial: we'll show how donations are used (hosting costs, content creation, etc.) to build trust.

We'll explore setting up a **recurring donor program** (e.g. "Friends of DanceResource") for those who commit monthly support, offering perhaps minor perks like a special newsletter or acknowledgment (but all core content remains free, no paywalls). Additionally, we may accept in-kind donations – for instance, a sound equipment company might donate gear for events, or a cloud provider might donate server credits.

Grants: Proactively seeking grants is a key strategy, especially in early years when user donations may not cover all costs. Potential grant sources include:

- *Arts & Culture Grants:* Many countries and cities have funds for cultural preservation, community arts, etc. Our work in preserving dance knowledge could qualify as digital cultural heritage preservation.

- *Health & Wellness Grants:* Foundations focused on mental health, social innovation, or holistic wellness may fund our integration of movement and mental health.

- *Technology for Good Grants:* Organizations (like the Mozilla Foundation, UNESCO, or Google's non-profit programs) sometimes fund open-source educational technology projects.

- *Research Grants:* If we undertake significant research, academic grants (possibly with a university partner) could support that aspect. We will tailor grant applications highlighting different facets – e.g. one might stress community healing and social cohesion (for a health-focused funder), another might stress innovative knowledge sharing (for an education funder). Our multi-faceted impact allows us to fit into various grant categories.

Merchandise or Ancillary Sales: While not a primary revenue stream, we could offer optional merchandise (t-shirts with inspiring dance quotes, etc.) or printed compilations (maybe an annual "best of DanceResource" book) for purchase. These would serve more as awareness building and minor fundraisers rather than a main income, but they give supporters another way to contribute.

Events & Workshops (Fundraising angle): Once our community is large enough, we can hold special fundraising events – e.g., a 24-hour global dance marathon where participants donate or get sponsors for the number of hours danced; or benefit workshops where a suggested donation is given to DanceResource. This not only raises money but also engagement.

The key to our model is **diversification** – not relying solely on one source. In projections, we anticipate initial funding heavily from grants (say 80% grants, 20% small donations in year 1), shifting to a more balanced mix (50% community donations, 30% grants, 20% partnerships/other by year 3) as our user base grows. Should any one source falter (e.g., a gap in grant wins), the others can help bridge.

Crucially, we will keep expenses lean relative to for-profit startups. With volunteer contributions and an in-kind tech team, our burn rate is low. This means we don't need millions of dollars to sustain; even tens of thousands annually, wisely used, can maintain a solid platform.

By choosing donation/grant funding over selling content or charging fees, we maintain the **integrity and openness** that are core to our values. This fosters goodwill and trust, which makes people more likely to donate. It's a virtuous cycle seen in other open projects: people support what they love because it aligns with their values.

Grants, Partnerships, and Community Support

Grants: As discussed, grant funding is pivotal especially at the outset. We have identified several promising grant avenues:

- *National Arts Councils:* For example, the National Endowment for the Arts (USA) or equivalent bodies in EU countries that fund digital art preservation or community well-being projects.

- *Wellness & Health Foundations:* e.g., the Robert Wood Johnson Foundation (health communities), Mind & Life Institute (contemplative sciences), or regional mental health innovation grants.

- *Tech Philanthropy:* Large tech companies (Google, Microsoft, etc.) have charitable arms. Google.org often supports tech-for-good projects; we might apply for their support under digital education or mental health.

- *Global Cultural Organizations:* UNESCO could be an ally given their interest in intangible cultural heritage (dance traditions qualify). Perhaps UNESCO's funding for preserving cultural practices might apply since we are archiving dance forms and making them accessible.

- *University/Research Grants:* If we formalize research, bodies like the National Institutes of Health (NIH) or Horizon Europe (EU research funding) might fund a study on "dance and mental health outcomes" which concurrently funds our platform development to

deliver the intervention.

We will craft strong proposals highlighting both qualitative impact (stories of personal transformation) and quantitative reach (number of users, countries, etc.), aligning with each grantor's mission. We also plan to gather letters of support (e.g., from dance organizations or experts – possibly similar to the fictional ones in our appendix) to bolster grant applications.

Partnerships: Collaboration will amplify our reach and credibility:

- *Non-Profit Partnerships:* We could partner with established organizations like **Dance for PD** (which uses dance for Parkinson's patients) or *Youth wellness NGOs* to share content and perhaps co-create specialized sections (e.g., a DanceResource section on dance for Parkinson's, maintained by Dance for PD). This cross-pollination means we get content expertise, and they get our platform's dissemination power.

- *Corporate Partnerships:* If a company's mission aligns (say a mindfulness app wants to support movement, or a sports apparel brand wants to promote dance as inclusive fitness), they might sponsor parts of the project. For example, a music tech company might sponsor our streaming costs in exchange for being acknowledged as "Music Partner" subtly. All such sponsorships would be done in a tasteful way, keeping user experience priority (no ads plastered around, but maybe a "supported by X" note).

- *Educational Institutions:* Schools or universities might integrate our resources into curriculum or research. If a university dance therapy program uses our wiki as required reading, they may contribute improvements. Or a global school network might partner to run a "movement program" across their schools using our app, giving us a boost in users and feedback.

- *Movement Organizations:* We've touched on working with 5Rhythms, Open Floor, etc. As partnerships, we can do joint campaigns (like an Open Floor weekend where their facilitators host free taster sessions globally, all listed via DanceResource). These organizations might also share some content – for example, 5Rhythms could allow us to publish a basic description of their 5 rhythms with official input, ensuring accuracy and giving them credit while expanding awareness.

- *Open Source Alliances:* We could partner with the Wikimedia movement (WikiProject Dance?) or Creative Commons for knowledge-sharing events, aligning with broader open knowledge community.

Community Support & Crowdsourcing: We consider our community not just as consumers but as active supporters. Tactics to harness community support include:

- *Crowdfunding Campaigns:* Perhaps at a milestone (like launching the app), we run a Kickstarter/Indiegogo or a special campaign to raise funds specifically for a big push (e.g. "Help us fund translations into 10 languages!"). People can donate and possibly receive a token of appreciation (though content remains free for all).

- *Volunteer Programs:* We will establish a volunteer program with defined roles (content editor, tech volunteer, outreach volunteer). Some people like formal volunteering and might commit hours weekly if given structure. We can even coordinate through platforms like UN Online Volunteering or similar which connect skilled volunteers to non-profits.

- *Ambassadors (as mentioned):* They not only help with reach but also sometimes with fundraising in their local circles. An ambassador in one country might host a small fundraiser event physically, for example.

- *Social Media & Word of Mouth:* Encouraging our community to share their positive experiences is crucial support. We'll create shareable content (infographics on dance benefits, short videos of people dancing with our hashtag) that supporters can spread. This organic marketing is free and effective.

Measuring and Communicating Impact: To keep grantors and partners onboard, we'll measure impact in terms of:

- Reach: number of users, countries, downloads, wiki page views.

- Engagement: active community members, contributions, event attendance.

- Outcomes: anecdotal evidence (testimonials of improved well-being), potentially quantitative (like survey data showing reduced stress among app users).

- Inclusion: diversity of content (how many modalities represented, languages). We'll produce impact reports annually and highlight successes. By tying funding to clear impact metrics, we'll strengthen continued support.

In essence, our strategy is to weave a **support network** where users, philanthropists, and partners all play a part in sustaining DanceResource. By aligning our mission with theirs – whether it's a foundation wanting mental health improvement or a user who simply loves dance – we build a coalition that drives the project forward not just financially but also through shared advocacy.

Impact on Education, Well-Being, and Emotional Intelligence

DanceResource is more than a tech platform; it's a catalyst for personal and social change. We anticipate significant positive impact in several key areas:

1. Education (Broadly Defined):
 DanceResource will serve as an educational tool in formal and informal settings:

- *Schools and Youth Programs:* We intend to create age-appropriate content (e.g., "Movement games for kids to express emotions" or lesson plans for high school teachers to incorporate a short conscious dance activity in health class). By introducing young people to mindful movement, we not only enrich arts education but also provide them with a coping tool for stress and a way to develop empathy (dancing in groups can teach respect and sensitivity). Over time, as teachers pick up our resources, we could see integration into curricula focusing on SEL (Social Emotional Learning) or physical education in a more holistic way.

- *Public Education about Dance:* Much like Wikipedia made knowledge widely accessible, our wiki demystifies conscious dance, educating the public that dance is not just performance or competition, but can be a personal practice for anyone. This can shift cultural perceptions, validating forms of dance that prioritize feeling over form. By archiving cultural practices and modern methods side by side, we also educate about the lineage and diversity of dance. In the long run, this contributes to preserving intangible cultural heritage.

- *Facilitator/Professional Training:* While not replacing in-depth training, the platform can bolster the education of current and aspiring dance facilitators. A person training to be a 5Rhythms teacher, for example, could use our research summaries to better articulate benefits to students, or read forum discussions for tips on handling challenges in classes. Emotional intelligence themes (like holding space for others, listening skills, etc.) often come up in facilitation – our community exchange will naturally cover these, effectively crowdsourcing solutions and wisdom. This peer-to-peer learning can raise the overall quality of facilitation worldwide.

2. Well-Being and Mental Health:
 The core of our impact is helping individuals improve their well-being. By making conscious dance accessible, we expect:

- *Stress Reduction and Emotional Release:* Users of the app or those inspired by our content to dance regularly may experience reduced stress, as movement helps discharge tension. Emotional intelligence is partly about recognizing and healthily expressing emotions – dance is a safe container to do that (e.g., dancing out anger or sadness). We will include content that guides people in noticing their emotions while moving, thus practicing emotional awareness.

- *Community and Belonging:* Participating in forums or events provides social support. As loneliness drops and a sense of belonging rises, we anticipate improvements in mood and even physical health (since social isolation is linked to worse health outcomes). The platform can connect people who might have felt "weird" about their love of dance with

kindred spirits, affirming their identity. In psychological terms, this can boost self-esteem and reduce feelings of alienation.

- *Trauma-Informed Healing:* Many individuals carry trauma or chronic stress. Dance/movement is known in therapy to help trauma survivors by building a sense of safety in the body and the present moment. Through partnerships with dance therapists, we plan to incorporate trauma-sensitive guidelines (like grounding techniques, consent in movement, etc.). The impact could be especially profound in communities with limited access to therapy – a free guided movement session might provide a bit of healing or at least relief in places where talking about trauma is stigmatized or resources are scarce.

- *Physical Health and Vitality:* While our focus isn't fitness per se, dance does involve physical exercise. Users who engage with 20-30 minutes of dancing a few times a week will get moderate exercise, which can improve cardiovascular health, coordination, and balance. For older adults, gentle dance can improve mobility and reduce fall risk. For sedentary office workers, a dance break can alleviate back/neck stiffness and improve overall energy. We might track some health indicators via user feedback (like "I lost weight" or "my blood pressure improved after dancing regularly"), though our evidence will likely be anecdotal at first.

3. Emotional Intelligence and Social-Emotional Skills:
Conscious dance inherently cultivates emotional intelligence (EI) – the ability to understand and manage one's emotions and to empathize with others:

- *Self-awareness:* The practice encourages tuning into one's internal state – noticing how a piece of music or movement makes one feel. Our guided exercises might ask questions like "What emotion are you feeling as you move right now?" which trains the user to identify emotions. This labeling and acceptance is a core EI skill.

- *Self-regulation:* As dancers learn to soothe themselves with movement or amplify an emotion safely and then let it go, they practice regulating emotional intensity. For example, if frustration arises, dancing it out mindfully can prevent a negative outburst in real life. We will include content on using dance as a healthy coping mechanism (better than, say, substance use or rumination).

- *Empathy and Social skills:* In group dance settings (even virtual ones), one pays attention to others, syncs up, or at least witnesses others' expressions. Our forums will likely have users sharing vulnerable stories; engaging respectfully with those builds empathy. We also plan content about listening and communicating in movement (e.g. Contact Improvisation teaches non-verbal communication and consent through touch and weight-sharing – imagine learning that and applying the principles to everyday interactions). As people connect across cultures on the platform, they gain perspective and cross-cultural empathy too.

- *Creativity and Confidence:* Emotional intelligence isn't just about managing tough emotions; it's also about positive expression. Dance allows creative expression without words. As someone gains confidence to express joy or silliness through movement, that can translate to being more open and authentic in communication. A user who choreographs a small dance for themselves might feel more confident thinking outside the box at work or solving problems creatively.

We intend to gather impact stories. For example, a testimonial might be: *"I have anxiety and normally struggle to articulate my feelings. Using DanceResource's guided movement meditations, I learned how to recognize what I feel through my body and release it. I now feel more in control of my emotions and even my therapist noticed my progress."* Or a teacher might report their students became more cooperative after starting each day with a 5-minute dance that they got from our site.

4. Cultural and Social Impact:
Beyond individuals, there's a larger impact: fostering a culture that values embodiment and play. If DanceResource spreads, we might see:

- More community dance gatherings popping up (since organizers can easily find how-tos and interested participants via us).

- Increased inclusion in dance: People who never thought they could dance (due to age, body type, disability) may try because our messaging is inclusive. We plan to feature stories/images of diverse dancers to reinforce that.

- Dialogue between science and spirituality: Our open science angle might encourage more research on dance, and our platform can present it alongside personal accounts. This helps bridge the sometimes disparate worlds of academic research and holistic practice, promoting mutual understanding.

Measuring Impact on EI and Well-being: Apart from anecdotal evidence, we might incorporate some simple measurements: for instance, an in-app self-report survey where users rate their stress before and after a session, which could yield data showing reductions. Or periodic user polls, "Has DanceResource helped you feel more connected/expressive?" If resources allow, we may collaborate on a formal study where participants use DanceResource over weeks and take standardized well-being questionnaires.

In conclusion, our Impact Strategy is to intentionally design and promote DanceResource as a tool for **whole-person growth**. By providing free access to these practices, we remove barriers that often keep such profound tools limited to those who can pay for workshops. The ripple effect of one person reclaiming their joy through dance can extend to their family and community. When many do so, it can influence societal well-being. Our vision of success is not just user numbers, but stories of lives changed – a depressed teen finds hope through

movement, a community heals after a crisis by dancing together, or simply thousands more people experiencing moments of pure freedom and connection. These outcomes represent the true return on the investment our supporters make in this project.

Strategy for Global Translation and Adoption

To truly serve a global audience, we must go beyond English-centric content and actively facilitate adoption in diverse contexts. Our strategy for translation and worldwide adoption includes:

Localized Content Creation: Rather than just translating English articles, we plan to encourage content *creation* in other languages and contexts. For example, a practitioner in Japan might write an article in Japanese about a traditional Bon Odori dance ritual's mindful aspects and put it on the wiki (with or without an English version). We will set up the wiki to support multiple language versions of pages (similar to how Wikipedia does). At first, we'll target major world languages: Spanish, French, Chinese, Arabic, Russian, and possibly Hindi or Portuguese, based on interest. We'll identify volunteer translators or use any offers from translation studies students or professionals who want to help. Even automated translation as a starting point can be used, followed by human review.

Translation Workflow: We intend to use tools like the MediaWiki Translate extension or other translation management systems to streamline the process. Community translation drives can be organized: e.g., a "Translate-a-thon" where bilingual volunteers gather (virtually) to translate key pages in a day. We might incentivize with small rewards or simply the satisfaction of contributing to one's language community. The mobile app UI and content will similarly be internationalized – we'll extract text strings for translation and also translate audio scripts if we add voiceovers in other languages (maybe collaborating with bilingual facilitators to record guided sessions in their language).

Cultural Adaptation: Adoption improves when content feels culturally relevant. We'll encourage local contributors to adapt examples and references. For instance, an article in India might reference local dance forms or use a metaphor involving local culture to explain a concept, rather than just literal translation of an English idiom. Additionally, some practices might need tweaking – e.g., in more conservative cultures, guidelines about touch or certain types of movement might differ. We will be mindful and let local editors shape those parts while maintaining overall consistency in mission.

Ambassador Program: As mentioned, establishing "local champions" is key. We will recruit country/region ambassadors who can act as the face of DanceResource in their area. Their duties might include translating and verifying content, conducting outreach to local groups (like giving a presentation at a yoga studio about the platform), and feeding back local user needs to us (perhaps some countries prefer WhatsApp groups for community over forums – we can adjust by creating those channels). We might hold quarterly online ambassador meetings to exchange tips and celebrate progress.

Marketing and Outreach Globally: Our online marketing (SEO, social media) will be multi-lingual. We will optimize our site to show up in search results for queries in other languages (e.g., "danza consciente beneficios" in Spanish). Social media accounts could be language-specific if volunteer-managed (a Facebook page in French sharing our content to French-speaking audience). We may also reach out to media in other countries – e.g., if a prominent magazine or blog in Brazil writes about us, that could spark adoption there. Press releases about our launches can be translated and sent to media worldwide.

Collaboration with Local Events: We'll leverage existing global networks. For example, if there's an Ecstatic Dance organizer meetup internationally, we could present there or sponsor a segment where all their communities try out our resource. Or link with events like *International Day of Dance* (April 29, UNESCO) – perhaps host a global online event in multiple languages that day to draw attention.

Technical Adaptation: Ensuring our platform loads well in regions with slower internet, as mentioned, is important (like having text-only options, low-bandwidth mode). Also consider app store specifics (like ensuring compliance with data laws in EU (GDPR) and possibly hosting data in regions if needed to ease concerns).

Feedback Loop: For adoption, we will carefully analyze user analytics to see where traffic is coming from. If we see spikes or steady growth in certain countries, we'll double down efforts there (like adding more content in the local language or reaching out to communities there for collaboration). Conversely, if a region is lagging, we'd research why – perhaps a lack of awareness or some content doesn't resonate – and adjust strategy.

Case Study – Insight Timer Localization: Insight Timer saw success globally by translating into many languages and featuring local teachers. We aim to mirror that: as our community grows, we'll have country-specific content highlights (e.g., a "Featured Article: Conscious Dance in Mexico City" in Spanish). This approach helps users feel it's *their* platform too, not just something imported.

Open Science & Translation: On the research side, we might facilitate translating key scientific findings into layperson terms in various languages, so non-English speaking practitioners can also cite evidence for dance's benefits. This bridges a gap where often research is locked in English journals.

Goal for Adoption: Our target would be to have active user communities (defined by local language contributions or events) in at least 10 different countries within the first 2 years, and extending to 25+ countries in five years. "Active" could mean, for example, having at least 50 wiki pages in that language and a few hundred app users and some ongoing discussions in their tongue. By year 5, we'd like a truly global spread – users from 100+ countries, content in 10+ languages, and the platform known in the conscious dance circles worldwide as the go-to resource.

In summary, global adoption isn't something that will just happen by making content available; it requires nurturing local relevance and engagement. Our translation and localization strategy is therefore not an afterthought but a parallel track to our core development. By empowering local contributors and respecting cultural nuances, we aim to make DanceResource.org a mosaic of the world's dance wisdom, all interconnected. This strategy not only increases user numbers but fulfills our mission of inclusivity and global unity through dance.

Budget & Funding Needs

We've designed a flexible and sustainable budget to launch and grow DanceResource.org over the next 2–3 years. The focus is on building essential infrastructure, producing high-quality content, and growing an active community — all powered by open-source tools, AI assistants, and a lean, mission-driven team.

Budget Category	Details	Estimated Cost (USD)
Platform Development & Hosting	Development will be led by a small, mission-aligned technical team including: ● two full-time developers ● part-time QA ● project founder - acting as product manager, development lead, and DevOps AI-powered tools (such as code copilots, automated test generators, and content assistants) will be used to enhance efficiency. The team will handle web design, frontend implementation, and setup of all project subdomains. Hosting costs will include cloud servers, CDN, domain management, and secure Single Sign-On (SSO) via Keycloak. Following the release of the mobile/web app (targeted for late 2025), ongoing developer workload and associated costs are expected to decrease by approximately 50% in Year 2.	**$108,000** (Year 1 team), **$12,000/year infra+AI tools** **~$48,000** (Year 2 team)

Content Creation & Design	Covers the production of core knowledge resources, including wiki articles, multimedia content (guided audio, short videos), and multilingual translations. This line includes support for: ● freelance writing, editing, and translation of expert-reviewed materials, ● graphic/UI design to ensure accessibility and usability across platforms, ● light media editing and layout for publications, ● ethical use of AI tools for translation and visual generation where appropriate. Supports the platform's mission to make conscious dance knowledge engaging, accurate, and accessible across languages and cultures.	$15,000/year
Outreach & Community Building	Supports the growth of a global network of conscious dancers, facilitators, and contributors. This line funds: ● social media management and content creation (Instagram, YouTube, newsletters), ● campaign design and outreach toolkits for events and partnerships, ● newsletter automation tools and analytics, ● travel and participation at 1 major dance conference, conscious movement event, or relevant festival per year to build visibility and form strategic alliances. This work helps connect communities and spread awareness of the platform's open resources.	$15,000/year
Open Science & Research Support	Supports survey tools, small-scale studies, publication fees, peer review, and volunteer stipends. This budget also enables modest honoraria for research advisors and scientific collaborators contributing to the credibility and rigor of the platform. If additional funding or institutional partnerships become available, this line can expand to support deeper collaborations, formal studies on movement and well-being,	$10,000/year (with potential to expand based on partner support)

	cross-disciplinary research, and evaluation of DanceResource methodologies.	
Event Organization	Provides basic funding for virtual and in-person gatherings that foster practice, exchange, and participation. This may include: ● platform licensing (e.g. Zoom, Gather, live streaming services), ● DJ or facilitator honoraria for online movement sessions (when not donated), ● technical support and moderation fees for hybrid/virtual sessions, ● light support for grassroots, in-person community events (venue rentals, outreach, supplies). Events are intended to model accessibility and community-led energy, often relying on volunteer support where possible.	$5,000/year
Founder Stipend & Admin Support	Covers a stipend for the founder to work full-time on the project, including responsibilities across product development, coordination, and platform governance. Also includes limited admin and legal costs (e.g. nonprofit registration, accounting, compliance).	$30,000/year

Total Estimated Funding Need

- **Year 1**: ~$195,000
- **Year 2**: ~$135,000 *(lower tech cost, reduced dev staff post-launch)*
- **2-Year Runway Estimate**: **~$330,000 USD**

Contingency Plan (Minimal Viable Launch)

If full funding is not secured upfront, we can postpone mobile/web app development and focus on launching:

- Wiki (`wiki.danceresource.org`)
- Events Calendar (`events.danceresource.org`)
- Forums (`community.danceresource.org`)
- Landing Page (`www.danceresource.org`)
- SSO (`sso.danceresource.org`)

In this lean setup:

- One **part-time developer/DevOps engineer** would deploy and configure all systems over 3-4 months.
- Ongoing maintenance would be handled by a **part-time tech lead**.
- Content, community, and events would drive value while fundraising continues.

Estimated Cost for Plan B – Year 1: ~$48,000 USD

- Platform Setup (1 part-time dev): ~$12,000
- Server infrastructure: ~$2,000
- Content + Community Building: ~$10,000
- Admin + Project Managament + Tech lead (founder): ~$24,000

This approach ensures DanceResource launches with core functionality, while remaining funder-flexible and impact-driven.

Notes:

- Development will be carried out by a mission-aligned technical team with senior-level experience in architecture, infrastructure, and open-source systems. The founder will serve as the technical lead and project manager, drawing a modest salary in line with nonprofit norms.
- All core tools will be open-source and publicly accessible.
- The platform follows a Wikipedia-inspired model: open participation, universal translation, and donation-driven sustainability.

Spending Priorities:

1. Maintain platform infrastructure and team capacity.
2. Foster community growth and ensure quality content.
3. Build global partnerships, events, and research collaborations.

Revenue vs. Expense Outlook: While external funding is critical in the first 2–3 years, the long-term vision includes:

- Monthly and annual donation drives (e.g., Wikipedia-style campaigns).
- Strategic partnerships with research, education, or mental health organizations.
- Event-based fundraising and optional merchandise sales.

With transparency, clear impact metrics, and engaged volunteers, we believe this platform can sustain itself after the initial investment phase. We commit to sharing regular financial summaries and upholding a nonprofit ethos throughout the project's lifecycle.

We will manage funds with diligence and transparency. Financial reports will be shared with stakeholders and, when appropriate, made public (e.g., via an annual summary on our website). Any major budget changes or funding gaps will be communicated proactively.

In summary, the budget is reasonable for an initiative of this scope and is significantly amplified by in-kind and volunteer efforts. With early support from donors or investors, every dollar has a multiplier effect in community impact. Our funding ask is not just about technology—it's about undergirding a global movement. By underwriting the platform now, supporters help ensure that millions can benefit from conscious dance in the years ahead, at minimal long-term cost.
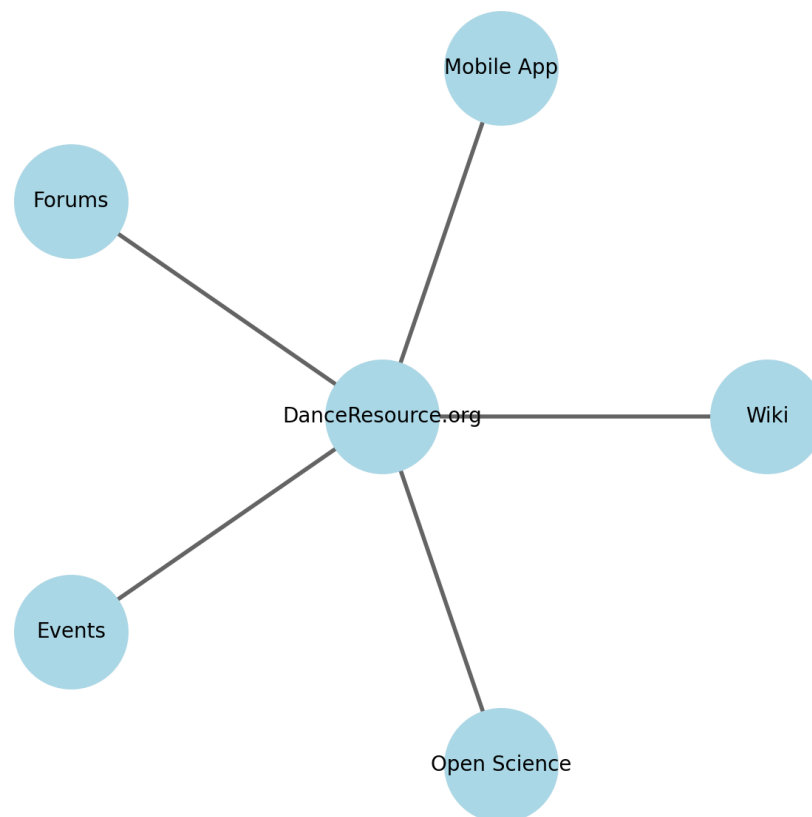
One-Pager Summary

Illustration: The DanceResource ecosystem unites a Collaborative Wiki, Mobile App, Community Forums, Events, and Open Science – all freely accessible to empower dancers worldwide.

Project: DanceResource.org – Global Conscious Dance Hub (Non-Profit & Open-Source)

Vision: A world where anyone, anywhere can harness the power of **dance** for personal growth, healing, and connection.

Mission: Build an inclusive online platform for the **creation, sharing, and preservation** of conscious dance knowledge – blending a Wikipedia-style knowledge base, a guided practice app, community forums, and open science research. All tools and content are provided free of charge, as a public good ([Dance Resource](#)).

The Challenge

- **Mental Health & Disconnection:** Modern life has led to a **loneliness epidemic** (1 in 4 feel lonely ([Loneliness Statistics Worldwide | Mind Voyage](#))) and high stress/anxiety (970M+ people with mental disorders ([Mental disorders](#))). People seek meaningful ways to reconnect with themselves and others.

- **Untapped Solution – Conscious Dance:** Mindful movement practices (like 5Rhythms, Ecstatic Dance) help reduce stress, foster presence, and build community. Studies show **95%+ of participants** find conscious dance helps them cope with depression, anxiety, and trauma ([Conscious dance: Perceived benefits and psychological well-being of participants - PubMed](#)). But access to this knowledge is limited; it's scattered across workshops, word-of-mouth, and niche communities.

Our Solution

DanceResource.org provides a one-stop platform to **discover, learn, and engage** in conscious dance:

- 🌐 **Collaborative Wiki:** An ever-growing library of articles, FAQs, and resources covering all aspects of conscious dance – from "What is Conscious Dance?" to techniques, benefits, and global traditions. (Think *Wikipedia for dance* – community-edited and richly referenced).

- 📱 **Educational App:** A free mobile/web app offering guided dance exercises, movement meditations, and courses. Users can practice at their own pace, anywhere – whether it's a 5-minute stress relief dance or a full-length session with music and instructions.

- 🤝 **Community Forums:** A welcoming online community where dancers and facilitators worldwide meet to share experiences, ask questions, and support each other. Includes

event listings (virtual dances, local gatherings) to turn online connection into real-world movement.

- 🔬 **Open Science:** Integration of research – featuring scientific findings on dance and well-being, and collaborating with researchers to conduct new studies through the platform. (This ensures credibility and continuous learning about *why* dance works, bridging art and science).

All content is **open-source** (Creative Commons) and all software is open-source – inviting collaboration and transparency.

Impact & Benefits

- **Better Mental Health:** Lowers barriers for anyone to use therapeutic movement for stress relief and joy. Regular dance can increase mindfulness and life satisfac ([Conscious dance: Perceived benefits and psychological well-being of participants - PubMed](#))340**]**.

- **Social Connection:** Builds a global community; helps users feel less alone by connecting with others through a shared love of movement. Promotes empathy and emotional intelligence through group experiences and storytelling.

- **Cultural Preservation:** Documents diverse dance practices (from indigenous rituals to modern methods) in one archive, preserving and honoring cultural heritage.

- **Education & Empowerment:** Empowers individuals with knowledge to start their own practice or even community dance gatherings. Educators and therapists get a free toolkit to incorporate dance in schools or wellness programs.

- **Global Reach:** Designed to be multilingual and accessible on basic smartphones – reaching communities with limited resources. A truly global spread means a dancer in Nairobi and one in New York both have equal access to guidance and community.

Traction & Team

- **Beta Launched:** The DanceResource Wiki is live with 50+ curated pages ([Dance Resource](#)); early contributions from experts in conscious movement and somatics.

- **Roadmap:** Mobile app MVP launching soon (Q4 2025) with initial guided sessions. Forums launch in Q3 2025. Translation to Spanish and French underway for key content.

- **Support:** Led by *Miloš Gačanović* (Founder – 20 yrs software dev, 9 yrs conscious dance practitioner). Backed by a growing volunteer network of dancers, teachers, and researchers passionate about the mission. Advisors include dance therapy professionals and open-source community builders (e.g., Wikimedia contributors).

Sustainability Model

As a **non-profit**, our funding comes from:

- **Donations:** Community supporters and philanthropic allies who believe in our vision (à la Wikipedia's model).

- **Grants & Sponsors:** Grants targeting mental health, arts, or tech-for-good; and mission-aligned sponsors (e.g., wellness foundations, cultural organizations).
  *(All funds fuel platform improvements, content creation, and keeping the service free for al (Mental disorders)257】

Funding Needs (Next 2 Years)

To build and sustain DanceResource, we seek funding for platform development, content creation, global outreach, community stewardship, and open science support. The full plan requires **$210K in Year 1** and **$156K in Year 2**. If needed, a **Contingency Plan** enables lean launch at **$48K**, focusing on core tools and community growth while scaling gradually.

Get Involved – *"Join the Dance"*

We invite **investors, donors, and partners** to join us in this movement. Your support will help bring free conscious dance education to the world, lighting up lives with creativity and connection.

- **Contact:** Miloš Gačanović, Founder – milos@danceresource.org | +381637016987

- **Website:** danceresource.org (Explore the wiki and learn more)

Together, let's **empower humanity to dance** its way to health, happiness, and community. *Thank you* for believing in the transformative power of movement!

"When we dance, we rediscover our shared humanity." – DanceResource

Sources Cited: Key statistics and statements are supported by research and reports, for example: global loneliness ([Loneliness Statistics Worldwide | Mind Voyage](#))L85】, mental health preval ([Mental disorders](#))257】, conscious dance benefits s ([Conscious dance: Perceived benefits and psychological well-being of participants - PubMed](#)) ([Conscious dance: Perceived benefits and psychological well-being of participants - PubMed](#))345】, and conscious dance community s ([What is 5Rhythms? | 5Rytmiä](#)) ([The Sacred Steps of Ecstatic Dance — The Revealer](#))L62】. These and other references ensure DanceResource's content and claims are evidence-based.