

About the Artist/Educator...

Dedicated to growing connections between people, the earth, and their cultures, Regina M. Laroche of DIASPORA ARTS & DIASPORA GARDENS on Madeline Island, is a farm, dance-story, community, and creative education person. Her performances, presentations, retreats, workshops, classes, residencies, and celebrations are inspired by InterPlay, her multi-cultural heritage, Afro-Caribbean dance, her farm training and experience, as well as her life on the edge of Lake Superior.

Regina has been enjoyed by a range of ages locally, throughout the country, and overseas. Her offerings have included appearances with the St. Paul Chamber Orchestra in the Ordway Theatre in St. Paul, MN; in many school districts (Bayfield, Washburn, Ashland, Minneapolis, St. Paul, Madison, Milwaukee, and more), and in the International School of Zug & Luzern in Switzerland.



Regina runs DIASPORA GARDENS micro-farm with her spouse, Jeff Theune. DG is home to a small CSA, farm visits and creative garden experiences for students and families.



DIASPORA ARTS

Story * Dance * Culture * Education * Earth * Community

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Three Seasons of Stories with Regina M. Laroche



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Three Seasons of Stories...

springing from movement, music, earth science, care for our shared planet, and growing a just world.

Fall: “Harvest Story” gathers and offers an engaging feast of stories about harvest traditions, journey, and the gifts and turning of the earth. Woven throughout is the sense that a full fair sharing of earth’s bounty with all will be the greatest celebration!

Winter: “Dream Story” draws students into the imaginative world of the earth and it’s inhabitants during the dark, cold, quiet season. What stories and dreams of life dance beneath the ice? What stories and dreams of life and freedom rise from human hearts?

Spring: “Water Story” pours stories from various cultures on the essentiality of water into students’ imagination. From the danced history of Lake Superior and its peoples to a folk tale of unity for the sake of water, this engaging program inspires us to treasure and tend our waters together.



A creative addition to environmental, garden, & world cultures curricula.

**40-50 minute presentation: \$400 (plus travel)
discounts for multiple shows, and the booking
of all three Seasons Stories presentations.**

“You uplift the children’s spirits and imaginations...”

- Kathy Bogen, MA
Educator, Facilitator, Consultant

“The children were mesmerized by Regina’s enchanting lessons.... I would love to see her come back to present on a monthly basis.”

-Janine Johanik, Kindergarten Teacher

“Regina’s presentations leave lasting impressions on her audiences. She engages people of all ages with movement and song and amazing stories that send one’s imagination to the very far corners of the world. With this Regina is able to draw her audiences back to our own homes, customs, and beliefs to see how we can make important and positive changes in the world, too, starting in our own backyards.

-Kathy Noteboom. 4th Grade Teacher

“Our children’s choir, including the adult leaders, were completely captivated with Regina’s story, song, and dance. Her storytelling is engrossing..”

-Sara Thomsen,
Director, Echoes of Peace Choir
Co-Director, Kako’s Choir

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