

# NEWSLETTER

THE NO EXCUSES NO  
LIMITS MOVEMENT

♦ Summer 2025

## A MESSAGE FROM LAZYLEGZ

Hello everyone!

### What an amazing season it's been!

On behalf of the No Excuses No Limits Movement Team and myself, we wanted to take a moment to say **thank you** for all the love and support over the past few months. It's been a wild ride — full of performances, projects, and powerful connections — and we're so excited about everything that's ahead.

**To everyone who helped make this season unforgettable — thank you.**

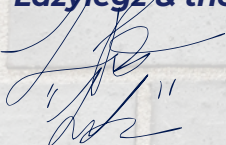
**Whether you brought us into your school, came to the No Limits festival, picked up a copy of the book, or simply followed and shared our work, we appreciate you.**

We're wishing you a summer full of movement, joy, and meaningful moments.

**Let's keep breaking barriers and dancing forward — together.**

With love and respect,

***Lazylegz & the No Excuses No Limits Movement Team***



IN THIS  
NEWSLETTER  
YOU CAN EXPECT:

NO LIMITS 2025  
RECAP

LAST DAY OF  
SCHOOL

FUNKY IS  
AVAILABLE

SUMMER 2025  
BIG MOVES



## NO LIMITS FESTIVAL 2025 - A SUCCESS!

The No Limits Festival at Maison de la Culture Maisonneuve on June 5, 6, and 7 was everything we hoped it would be and more.

**The energy was unreal, the performances were next-level, and the community that showed up — in person and in spirit — reminded us why this movement matters.**

A huge shoutout to everyone who took part — artists, families, staff, volunteers, and supporters.

**You helped make it unforgettable.**

**[Watch the recap video here](#)**





# LAZYLEGZ

@BboyLazylegz



# DJ IN-D-GO

@Dingo.indgo



#NOEXCUSESNOLIMITS

#PASDEXCUSES PASDELIMITES

## OVER 50 SCHOOLS & 15,000 STUDENTS!

This school year, **DJ inDgo** and **Lazylegz** had the chance to perform in over **50 schools** across **Quebec, Ontario, and British Columbia**, connecting with more than **15,000 students**.

Our goal was simple: inspire students of all abilities to move with confidence, embrace who they are, and know that they can do amazing things — no excuses, no limits.

If you're interested in bringing our performance to your school or community, now's the time to book.

We're already lining up our next tour, and we'd love to include you.

Contact Kim at [info@noexcusesnolimits.com](mailto:info@noexcusesnolimits.com) for more details!



**SCHOOL PROGRAM**

**HAVE A GREAT SUMMER BREAK AND SEE YOU IN THE FALL!**

# FUNKY

The duck with dancing dreams

AVAILABLE  
NOW

We are extremely proud to share the release of  
**Funky**  
*The duck with dancing dreams*

***Lazylegz's first-ever children's book!***

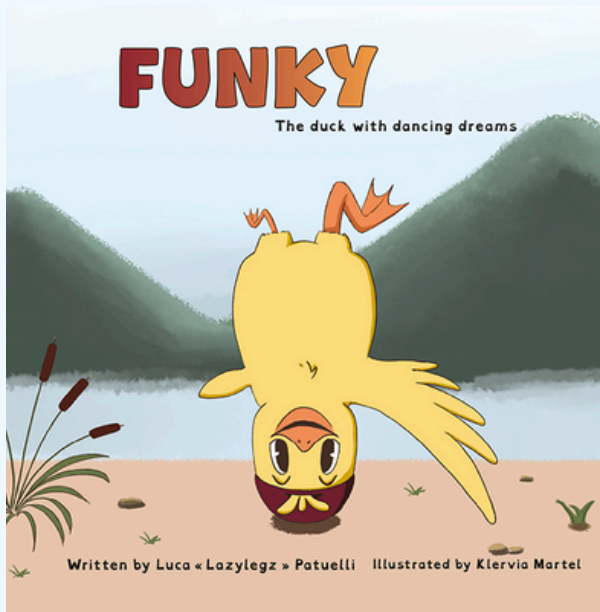
This story is all about being different, following your dreams, and learning to dance to your own rhythm.

It's perfect for classrooms, families, and anyone who loves stories that celebrate uniqueness and movement.

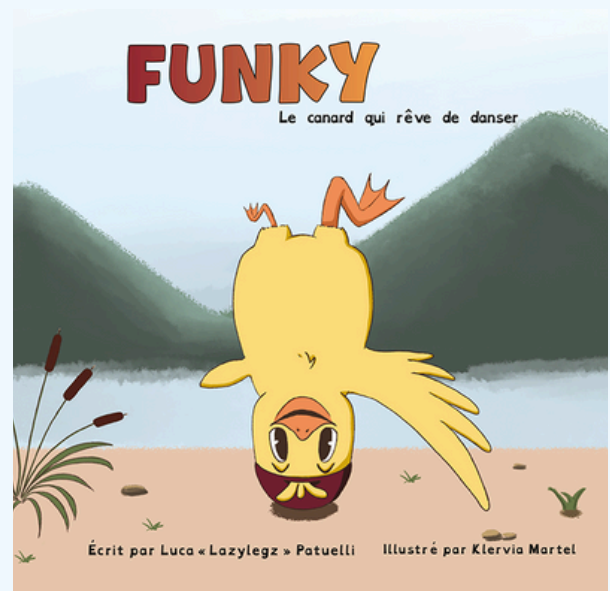
***Bonus activities inside!***

Grab your copy now — and help us spread the word!

**ENGLISH COPY**



**FRENCH COPY**





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# SUMMER 2025 - BUSY BODIES & BIG MOVES



## ◆ Inclusive Dance Teacher Training

This summer, we're teaming up with **Académie de Danse Montréal** to train dance teachers in inclusive practices. This will allow dance professionals to expand their skills set by teaching the the proper approach with mobility devices and differently-abled dancers.

Starting in September, the school will offer weekly **recreational inclusive dance classes** — **opening up new opportunities for dancers of all abilities.**

## ◆ No Excuses No Limits Movement is Becoming a Charity!

We're in the process of making No Excuses No Limits Movement an official registered charity.

**While that's in motion, we're grateful to have a fiduciary sponsor who can already accept donations and issue charitable tax receipts on our behalf.**

These funds will go toward expanding our programs and making our work sustainable long-term.

**If you'd like to support our mission, scan the QR code or visit our page here.**

