



The DTAA's 'Current Moves' April 2011

Dance Therapy Association of Australia events:

Saturday, April 30, 9.15 am – 5 pm

Professional Development and Supervision Day

See separate email for full detail

Downstairs Studio, The Sylvia Staehli Theatre,
Dancehouse, 150 Princes Street, Carlton, Victoria.

'What is happening in the therapeutic space?'

9.15 – 5 pm, led by Anna Ganz and Jane Guthrie

The importance of critical self-reflection and creative development of the therapist will be emphasised; ways of interacting with others, and identifying personal values and belief systems will be explored. Also the importance of respecting differences highlighted.

Bring an issue to move and discuss within a supportive professional environment.

The workshop will provide attendees with five hours of professional development and / or supervision, as needed.

Cost: DTAA Members \$75 / \$65 conc; non-members \$100 / \$90 concession.

There will be an extended lunch break for a:

Mentoring session: Becoming a DTAA Professional Member

Starting between 12 noon and 12.15 and finished by 2.15 pm, ready to start the afternoon session of 'What is happening in the therapeutic space?'

Mentoring session FREE.

Led by Anna Ganz, Fran Ostroburski and Bouthaina Mayall,

Professional Membership Committee, Dance Movement Therapy Association

This session will offer potential Professional Members the opportunity to obtain information about the Professional Membership process and discuss issues of concern.

The DTAA will provide a snack lunch for all but encourages you to bring a plate to share while we talk.

Enquiries: Mandy Agnew Ph: 90177850, 0437348808

Email: rmagnew@bigpond.com

Saturday 14th May

Sydney DMT Forum

DANCE THERAPY ASSOCIATION OF AUSTRALIA

Our first Forum for 2011 will be held Saturday 14th May at Wesley Institute 5 Mary Street Drummoyne, 1pm-4pm in the Forum in the Theatre (Car Park entrance from Millar Street)

LUNCH 12:00 (before the Forum)

Bring your lunch and meet in the Staff room next to room 204 B Block -tea and coffee available. (Please do not bring any peanut products due to allergies for some participants).

FORUM PRESENTERS

Kirsty Fromholtz – IDTIA Cert DMT, will facilitate movement experientials that will also include interactive digital media. She shares her work in which she uses the therapeutic process with a client who has cerebral palsy to create art; specifically choreography for a theatrical piece.

Fiona Watters – Grad Dip DMT, M Counselling, Pilates Instructor and former professional dancer, will facilitate movement experientials and present her work using DMT and somatic movement practices in mental health with individuals.

ANNOUNCEMENTS AND UP-DATES

Closure- Movement Meditation (Cara Mayan Method) led by Terri-Ann Bolger

Forum is free – wear clothing suitable to move in-

PLEASE INVITE OTHERS- health professionals, teachers, psychotherapists, music, art and drama therapists.....

Resource Table available for your flyers and any promotional material.

Sydney Dance Movement Forums are held at Wesley Institute approximately twice a year. Each program includes an experiential component and opportunities for networking and up-dating. The Sydney forum is a forum for

presentations of DMT applications, followed by feedback and discussion on how aspects of DMT can be applied on a personal and professional basis. Time is also provided for sharing information.

For more information: Sharon Todd-miller. Email: sharontoddmiller@yahoo.com.au

Information, Conferences and Events

PhD Bursary for Dance Movement Psychotherapy (and other Arts Therapies) and Dementia, Queen Margaret University, Edinburgh, Scotland

Queen Margaret University, Edinburgh, Scotland, has announced a competitive PhD bursary for a number of topics including Dance Movement Psychotherapy (and/or other Arts Therapies) with clients with dementias. The call is for a fully funded PhD study for a clinical trial with clients with dementias. It is open to qualified dance movement psychotherapists as well as other qualified arts therapists, psychologists and/or other health professionals with a strong research background.

Further information about the bursary can be found on:

http://www.qmu.ac.uk/post_research/topicindex11.htm

For further information: contact Dr Vicky Karkou, email: V.Karkou@qmu.ac.uk

Senior Lecturer, Programme Leader for the MSc in Dance Movement Psychotherapy
Division of Nursing, Occupational Therapy and Arts Therapies, School of Health Sciences
Queen Margaret University, Edinburgh EH21 6UU, Scotland UK, 0044 131 474 0000

http://www.qmu.ac.uk/otat/V_Karkou.htm

http://www.qmu.ac.uk/at/Dance_Movement_Psychotherapy.htm

Caroline Plummer Fellowship in Community Dance

The University of Otago invites applications for the year 2012 for the above Fellowship. The Fellowship is open to any New Zealand or international community dance practitioner, teacher or researcher. Applicants need not possess a university degree or diploma, any other educational or professional qualification, or belong to any association or organisation of dancers.

If you have a passion for community dance and want to be able to inspire learning, healing, and peace in our community through community dance, then this Fellowship is for you.

For more information about Caroline Plummer, the Caroline Plummer Memorial Trust and the Caroline Plummer Fellowship in Community Dance, and to download an application form, visit

websites: www.otago.ac.nz/otagofellows/plummer.html; and www.carolineplummer.org.nz

The closing date for applications is 1 June 2011.

World Dreaming – psychotherapy Conference in Sydney, 2011

August 24-28, 2011

PACFA and its Member Associations are hosting this 'once in a lifetime' conference.

See www.wcp2011.org for more information. More information also under NSW.

Work experience wanted for student from southern suburbs

Can you help?

Mariah Gardner, a year 10 student at Kilbreda College Mentone, who has been dancing since the age of 2, is seeking work experience. She is currently studying Tap, Ballet, Jazz, and contemporary dance, and was recently given a 6 month scholarship to YABC (Young Australian Broadway Chorus), which she started last year. She says that she has been helping with dance classes, teaching students of all ages and enjoys helping people improve their skills and developing their confidence. She lives in Beaumaris, but is happy to travel to any location accessible by public transport.

Work experience dates are 27th of June - 1st of July 2011

Email: copper1995@hotmail.com; Tel: 9585 2358, or 0421 560 482

Victoria

Introduction to Dance Therapy' Workshop – IDTIA

Saturday 14th May 2011, 10.00am - 4.00pm

Prana House, Thornbury, VIC

Cost: \$110 Full \$95 Concession

An experiential day workshop conducted by the International Dance Therapy Institute of Australia to introduce dance therapy and its potential for discovery, change and healing, together with some discussion and theoretical underpinning for its use in therapeutic contexts.

Principal facilitator: Anna Schlusser, IDTIA Diploma graduate and Dance Movement Therapist with extensive experience in a wide range of settings.

Enquiries to: Michele Braban, IDTIA Administrator, on (03) 9578 7109 or e-mail admin@idtia.org.au

Soul Moves, Yogadance, Movement Ritual, Biodanza

At: Monash Studio ~ for movement -based expressive arts. Glen Waverley. **Contact Tiana Li Donni on: (03) 9574 9016 or 0421 045 438 Email: tianamoves@hotmail.com. Studio also for hire.**

Monday 2 May - Monday 27 June, 2011 - 6:30-8:30 pm

Term 2 Creative Arts Therapy 8 Week Group

(no group on Monday 13 June due to public holiday)

MIECAT, 17 Victoria Street, Fitzroy

The weekly groups are an opportunity to explore a wide variety of Creative Arts Therapy processes in order to open up and reinvigorate your inspiration, personal growth and self awareness. The group is kept small and consistent, in order to create an intimate and supportive environment.

We will use modalities such as drawing, painting, writing, clay, collage, movement, body awareness, symbols and more to explore authentic expression, and access new insights and understanding.

These groups are suitable for anyone seeking some unique time out each week, especially for you, to connect, nurture, and reflect. Every group is designed to be different and distinctive, so if you've attended before, your next experience will be just as unpredictable as your last!

\$345 including all materials

**Please note I am already receiving bookings for this group so please book in early, as spaces are limited!

Private Sessions also available

For Bookings or more info contact Jennifer on jenniferberlingieri@gmail.com or go to creativeartstherapy.com.au

Body Voice Centre

'Meeting the breath': half-day workshop

Half-day group workshops are a starting point for those interested in experiencing how, in a practice of Middendorf breathwork, breath that is allowed to come and go on its own can be encountered through presence and bodily sensation. The workshops are led by Middendorf practitioner, John Howard and are now conducted on the basis of 'pay as you feel'. A container for payments and receipts is available.

Individual vocal development sessions available now: set of five one-hour sessions for \$300 full, \$200 concession. Email John on jdhoward@alphalink.com.au.

Body Voice Centre, 50 Wolverhampton St, Footscray, Vic 3011
www.bodyvoice.com.au

**May 21st Saturday 9.30am – 12.30pm or
September 3rd Saturday 9.30am – 12.30pm**

Music and Imagery for Health and Wellbeing

Led by Carolyn Van Dort and Cherie Baxter as an event of the Music and Imagery Association of Australia Inc (MIAA)
Venue: Esmonde House, Villa Maria, Kew

Would you like to live with greater freedom and fullness? Did you know that music listening can unleash psychological and spiritual potential? This workshop will introduce the role of music listening in exploring consciousness, accessing inner potential and in counselling/psychotherapy.

Cost: \$30

Contact: Margaret Lee email: margmlee@bigpond.com tel: 0419 119 849

May 27-29

Body Voice Centre, Performance Practicum working weekend.

Limited places available. If you would like to take part please send an expression of interest with a short bio and outline of your performance piece/idea to **Margaret Cameron: mcameron@labyrinth.net.au and John Howard jdhoward@alphalink.com.au as soon as you can.** Performance Practicum is conducted under the auspice of In the Company of Others <http://www.inthecompanyofothers.com.au/>

Winter Intensive 10th to 13th June

Embodied Bellydance™ is a unique training program, involving the whole person.

<http://www.embodiedbellydance.com>

Friday 6.30 to 9.30 pm Sat Sun & Mon 9.30 am to 5.30 pm daily

Venue: Inner Movement Centre, 32 Lower Heidelberg Rd, Ivanhoe

Grace, Total Integration, Total Integration, Experiential Anatomy, Heightened Awareness, Authenticity, Mobility, Power

Ideal for teachers wanting to enrich their teaching styles to the complete novice. Both will get a grounding in the dance that will support their relationship to dance and movement. Bed and breakfast is available \$50 a night – enquire on registration.

Download Embodied Bellydance, intensive course outline

Cost: \$350 – whole workshop Installment plan available with \$50 deposit.

\$50 Friday evening only, \$125 per day

Contact - Maria - 0419 523 710 - 613 9497 2832 - Skype: [mariasangiorgi](https://www.skype.com/user/mariasangiorgi)

Volunteer Opportunities

Contact Tiana Li- Donni for information about project continuation in 2011

1. Glenallen School, 7 Allen St. Glen Waverley VIC 3150

A weekly transitional subject called "Creative Dances" ran at this school, during 2010, for teenagers with severe physical limitations. The program required assistance from students or volunteers. It ran on Mondays from 1.45 - 3.15pm.

2. Special Needs Teens - Creative Moves

Tiana also facilitated workshops for youths, 14-16yrs as part of the ASPERGER'S TEENS PROJECT in 2010. Assistance was welcomed in these sessions, which were funded by a Monash Arts Grant. Sessions were held at the Powerhouse Neighbourhood House. 54 Power Ave, Ashwood, VIC 3147. **Tiana can be contacted on: Email:**

tianamoves@hotmail.com ph: 9574 9016 mobile: 0421 045 438 for information on project continuation in 2011.

Ideokinesis and Movement with Shona Innes.

Ideokinesis is the practice of imagining a moving image within your body. This encourages mechanical balance, integrates imagination and sensory experience and offers a platform for creative action.

For information on forthcoming workshops:

Contact Shona – 0421 285 338 <mailto:atinnes@alphalink.com.au> or <http://alexanderthinkingbody.alphalink.com.au>

Lieto Creative Dance Studio: Elizabeth Loughlin

Classes and short courses at Lieto Studio, North Fitzroy, VIC. Ring Elizabeth, creative dance teacher and DMT, on **94829312**, or email loughlin@clari.net.au for further information. www.lietocreatedance.com.au
See also under Classes, Mondays in Victoria

Soul Dance

3rd Sunday each month

At Olinda Primary School, Charlemont Lane, Olinda.

10am – 12.30. Cost: \$22 or \$17 concession.

Self-expressive, inspiring and centring dance – great location, music and people.

Tony Norquay, 03 5678 5525 or 0418 134 709 or norquaytd@ihug.com.au

Classes and Events at the Inner Movement Centre

Regular Classes in Embodied Bellydance™ begin again

Tuesday 26th April

Neo Traditional Egyptian Shaabi

6.30 to 8 pm, Cost \$200 full, \$180 con - 10 weeks

Neo Traditional Egyptian Baladi

7.45pm to 9.45 pm, Cost \$230 full, \$200 con - 10 weeks

Cost for both classes \$350

LAST REGULAR CLASSES IN AUSTRALIA FOR A FEW YEARS!

If you wish to speak to Maria call 0419 523 710

32 Lower Heidelberg Rd, Ivanhoe

Embodied Bellydance classes See Tuesdays, Thursdays, Fridays. Contact Maria on 0419 523 710 or go to <http://www.dancingisis.com>

Classes Victoria

Mondays:

Monday nights 6.30 to 8.30

Marina Bistrin teaches a series of 8 x 2hr workshops from the Middle-East, Gypsies and Silk-Road in terms, 2011 at Glen Park Community Centre, Bayswater.

See: <http://www.glenparkcc.com.au/> Contact office@glenparkcc.com.au 9294 7525 or call Marina Bistrin 0438 580 889, 9444 8212, www.dance-explorer.com marinabistrin@optusnet.com.au

Bioenergetic Work Outs – with Ermanno Bergami

See: www.emotionalcouragetherapy.com

Elizabeth Loughlin, Ongoing creative and expressive dance - 7.45 - 9 pm.

At Lieto Creative Dance Studio, North Fitzroy 3068

Ring Elizabeth, creative dance teacher and dance movement therapist, on **94829312** or email:

loughlin@clari.net.au See: www.lietocreatedance.com.au

Tuesdays:

Tuesday lunchtime

Multicultural Fan dance and Gentle Egyptian Bellydance

with Marina Bistrin at Contact Community Centre, Bundoora,

Contact Marina Bistrin on 0438 580 889, ah 9444 8212

Email: marinabistrin@optusnet.com.au or see www.dance-explorer.com

Embodied Bellydance™ LAST 10 WEEK TERM IN AUSTRALIA for a few years!

Dancing Isis Dance! Embodied Bellydance™

Term begins Tuesday 26th April, Anzac Day

NOT BEGINNERS, but anyone who has wanted to do my classes, come and join.

TIME: Class 1: 6.30 - 8 pm; Class 2: 8.45 - 9.45pm

Class 1: Working on Neo Traditional Egyptian Shaabi, particularly focussing on hip work. inspired by the Ghawazi on Latchodrom using the music of the Musicians of the Nile

Class 2: Working on Neo Traditional Egyptian Baladi, focusing on the waves that move through stillness, connecting to

the whole, dancing on the spot and through space.

COST: Class 1: \$200/\$170 con; Class 2: \$230/\$200 con; Both Classes \$350

Payment Options CONTACT MARIA 0419 523 710

Inner Movement Centre, 32 Lower Heidelberg Rd, Ivanhoe, Vic

Contact: Maria 0419 523 710 or go to <http://www.dancingisis.com/embodied-bellydance/>

Wednesdays:

Bioenergetic Work Out – with Ermanno Bergami

See under Mondays at www.emotionalcouragetherapy.com

Multicultural Fan dance, Persian Dance at Watsonia Neighbourhood House Expressive dance to world music, gentle, empowering and fun.

Contact Marina Bistrin on 0438 580 889, ah 9444 8212 Email: marinabistrin@optusnet.com.au or see www.dance-explorer.com

Traditional Egyptian Dance - Embodied Bellydance

Thursday Evening - Level 1 (Raqs Sharqi) - 6.30 - 8 pm and 8pm - 9.30 pm. These classes promote strength, vitality, sensuality and grace. Learn the sophisticated, elegant, strong moves that interpret the traditional music of Egypt.

Contact Maria 0419 523 710 for more details or go to <http://www.dancingisis.com>

Thursday

Multicultural Fan dance, Persian Dance at Watsonia Neighbourhood House

Expressive dance to world music, gentle, empowering and fun.

Contact Marina Bistrin on 0438 580 889, ah 9444 8212 Email: marinabistrin@optusnet.com.au or see www.dance-explorer.com

Fridays

Friday Night SHINE!

Weekly on Fridays! 7:30 - 9:30 pm.

Shine restarting on January 28th 2011

St Johns Uniting Church, 567 Glenhuntly Rd, Elsternwick, Victoria

SHINE is free-form expressive dance. There is no level of fitness or ability that one needs to do this dance. It is simply releasing your mind, listening to your body and moving accordingly.

Through DANCE we can: Heal body, mind and spirit; strengthen the bonds of community, Commune with spirit – to discover deeper aspects of ourselves, release stress, have FUN, Let our LIGHT SHINE!

Cost: \$15.00 **Contact Teri McNeill on m. 0431 662 755 or email: dance.grl@hotmail.com**

SensingFeelingDancing the Chakras -7.30 – 10 pm

With Maria Sangiorgi, work with guided meditation, imagery and music to align the Chakras and to draw out the personal inner dance. This is explored using somatization, movement, dance, sounding, drawing, writing and Authentic Movement as vehicles of exploration.

Inner Movement Centre, 32 Lower Heidelberg Rd, Ivanhoe

Contact Maria for information on 0419 523 710 or go to: www.dancingisis.com

Saturdays

Body Voice Centre

'Meeting the breath': half-day workshops

Dates, Bookings and further details: email info@bodyvoice.com.au

Body Voice Centre, 50 Wolverhampton St, Footscray, Vic 3011 www.bodyvoice.com.au

Sundays

Souldance - 3rd Sunday each month

Olinda Primary School, Charlemont Lane, Olinda.

10am - 12.30. Cost: \$22 or \$17 concession.

Self-expressive, inspiring and centering dance – great location, music and people.

Call Tony Norquay on 03 5678 5525 or 0418 134 709 or email: norquaytd@ihug.com.au

NEW SOUTH WALES

May 5, 2011

Creative Doctor's Network film night- AMA

Lisa Robert's new animation, 'Do krill have sex'? will be screened.

It will be a fun night.

Cinematic Doctors 6.30pm for 7pm

AMA house 69 Christie Street, St Leonards, Sydney

All welcome Admission \$25

RSVP (for catering) to Janene, email: janene@amansw.com.au

Begins Thursday May 12

Re-Form

an initiative of Pittwater Uniting Church

A Dance Movement Therapy (DMT) based program, aiming to provide healing and freedom for your body, heart, mind and spirit.

The purpose of Re-Form:

"I have come that they may have life, and have it to the full." (Jesus)

- Experience joy and freedom, physically, emotionally, mentally and spiritually.
- To provide opportunity for personal insight and transformation through movement, drawing, journaling and discussion.
- Reduce physical tension.

Where: The Basement, Pittwater Uniting Church, 10 Jubilee Ave, Warriewood

When: Thursdays, 6:30 - 8:30pm

Duration: 8-week program, begins Thursday, May 12.

Cost: \$20 per session (cash or direct deposit)

Bring: A pen and notebook. Wear comfortable clothes.

Facilitated by Esther Durham, qualified dmt. Grad Dip DMT, Assoc Deg Dance.

Contact Esther ph: 0407 769 943 or email: estherdurham@hotmail.com

or contact the church office: 9997 2386

Saturday 14th May

Sydney DMT Forum

DANCE THERAPY ASSOCIATION OF AUSTRALIA

Our first Forum for 2011 will be held Saturday 14th May at Wesley Institute 5 Mary Street Drummoyne 1pm-4pm in the Theatre (Car Park entrance from Millar Street)

LUNCH 12:00 (before the Forum)

Bring your lunch and meet in the Staff room next to room 204 in B block -tea and coffee available. (Please do not bring any peanut products due to allergies for some participants).

See under DTAA events above.

For more information: Sharon Todd-miller. Email: sharontoddmiller@yahoo.com.au

Wed 1 June – Sun 5 June 2011

ROSEN MOVEMENT INTENSIVE

WORKSHOP DETAILS

At The Centre, 14 Frances St, Randwick. Accommodation is available at the venue - 02 9398 2211 to book direct

Cost \$ \$880, early bird \$790, if paid by 12.May

Move with joy!

ROSEN METHOD MOVEMENT teaches us how to relax, to cultivate the qualities of awareness, presence, and ease in our bodies so we can bring more of ourselves into our daily lives. The movements encourage natural, free breathing, increase range of motion, and improve alignment and flexibility.

A MOVEMENT INTENSIVE gives an in-depth experience of what it's like to enjoy one's full potential for movement.

Each day will begin with an hour-long movement class followed by discussion about the underlying theory and structure of Rosen Movement. We will explore the movements in depth using various tools, such as anatomy lessons, partner work, and body-readings. The learning process will be supported with Rosen-sharing circles to allow expression of new discoveries and understandings.

Theresa Garcia from San Francisco, California will lead the Workshop. Theresa is a Senior Movement Training Teacher, an Introductory Workshop teacher, and in training as a Bodywork teacher. She has taught Rosen Method Movement in Canada, Europe, and Mexico, and teaches weekly classes in the San Francisco Bay Area.

For further information please contact Lynda Napier on 0408 825168

August 24-28, 2011

Abstract Submissions date extended

World Dreaming – psychotherapy Conference in Sydney, 2011

PACFA and its Member Associations are hosting this 'once in a lifetime' conference.

See www.wcp2011.org for more information

One of the themes is Modalities and PACFA hopes that all MAs will offer papers and seminars to represent and promote their areas of specialisation.

Psychotherapeutic modalities reflect the many and diverse ways in which psychotherapists specialize. Modalities may be named after the person who founded their particular school of psychotherapy (Freudian, Jungian). They may use specialized methods (psychodrama, T.A.), hold a particular focus (object relations, self psychology) or adapt their approach to a particular client group (addictions therapy, trauma-focused therapy). Practitioners within each modality may hold a similar frame of reference that allows them to communicate many of their ideas and experiences quickly and effectively. Practitioners speaking across modalities, by contrast, have the opportunity to challenge and extend each other, exploring differences and finding common ground.

For further information contact:

Sophie Holmes at sophie@williamsroad.vic.edu.au

Alison Strasser at alison@cep.net.au

2011 Drawing Movement

Sydney, from March 2011

Lisa Roberts, PhD (UNSW), Artist-researcher, invites you to join a new series of Monday night workshops at the

Rozelle School of Visual Arts (Sydney):

See: <http://www.lisaroberts.com.au/content/workshops/workshops.php>

SHIFT IN APPROACH

It has been difficult to describe this form of drawing to people who have not worked with me before, and even to those who have, because my approach to teaching has shifted since I first ran these kinds of workshops in Sydney. Since 2007 I have been revisiting the sources of my training in art and dance as part of a PhD research project (which was very theoretical, despite all my best efforts!). The research has led me (via a most respected peer) to the Rozelle School of Visual Arts, where methods taught by Gertrud Bodenwieser are passed on in dance classes directed by Barbara Cuckson. Attending these classes is adding new meaning to my drawing and animation practice and inspiring my teaching.

Drawing Movement is for people of all levels of skill to explore ways of expressing their experience and observation of movement. The shift is away from academia and towards the sheer pleasure of drawing through moving!

NOTE that the 'drop-in' status of the last series has been changed. To avoid the disappointment of turning up and finding there is no class, I will keep you posted via email. Contact Lisa: 02 9550 2805; www.lisaroberts.com.au; lisa@lisaroberts.com.au

Individual sessions, group work and women's retreats

with Satyo Cate Sullivan (BCA, MA (Cat) PACFA Reg.)

Counselling, therapy and mentoring sessions for individuals.

Workshops/courses utilising dance/movement, creative arts therapies, body sense/awareness skills.

Women's weekend retreats on relevant themes.

Individual sessions and group work are offered in both the Southern Highlands of NSW (Robertson) and Shoalhaven (Nowra).

For further information contact Satyo on 02 4885 1727 or 0412 122010

Email satyo@shoal.net.au

Practitioner room for rent in TURRAMURRA (Sydney's north shore)

Ideal space for Dance Movement Therapist. Light, airy and beautiful, this large furnished room has ducted air-con; sandplay & tray available; kitchen facilities; privacy; and plenty of on-street parking. I have a busy private counselling practice using expressive therapies, sandplay and breathwork and now have the second counselling room available for use by another therapist. Especially suit anyone working with sandplay, art therapy, breathwork or a dance movement therapist. It is in a peaceful, leafy residential setting with plenty of privacy and a separate entrance can be used. (The room is 8m X 4.5m)

Rate: \$90 per day; half day or multiple days negotiable

Contact: Karen Daniel on 02 9449 7121 or 0403 773 757

Email: karen@emotional-transformation.com.au

NSW - Ongoing Classes

Mondays:

2011: Movement and Drawing

6-8pm Mondays, ROZELLE SCHOOL OF VISUAL ARTS, 57 Nelson Street, Rozelle, Sydney. See full information above under NSW.

Contact: Lisa Roberts PhD (UNSW); <http://lisaroberts.com.au/>

lisa@lisaroberts.com.au 02 9550 2805

Dance is MY Therapy - dance classes with a difference - 8:00-9:00pm Sydney

The classes explore the therapeutic benefits of dance, with a focus on creativity, expression and general health and wellbeing proving that everybody can dance!! Expect the unexpected and enjoy the benefits of dance for mind, body and spirit.

Dance Alive Studios, 107 Regent St, Chippendale (near the corner of Meagher St)

Contact: Kirsty Fromholtz - 0402 644 510

[kirsty@kirstydance.com.au](http://www.kirstydance.com.au)www.kirstydance.com.au

Mondays 2- 3.30pm, Rex Centre, Kings Cross

Creative Movement for Seniors (50+)

\$3 (subsidized by Sydney City Council)

Revitalizing, relaxing, guided self expression/movement exploration..

Connecting with stimulating music, ideas and people.

Contact Meredith Lucy 0400447951 or Email; meredithlucy6@gmail.com

Family Dance Classes - 3:45 - 4:45pm

An interactive dance class for the whole family. For Mums, Dads and children over 4 years. Minimum of one parent and child. Cost: \$10 per person.

Where: St Peters Town Hall, Sydenham NSW

Facilitated by Esther Durham, a qualified Dance Movement Therapist.

For enquiries, contact Esther on 0407 769 943 or estherdurham@hotmail.com

Thursdays

'Moonbeam Movement' - Mums and Bubs classes, 9.30am - 10.30am

At: Lifepod, 1A Victoria St, Paddington

Six-week courses of gentle, intuitive and fun dance/movement experiences for mothers and babies aged 5 months to walking. Explore the magical space that exists between you and your baby.

Contact: Suzy Wolanski Ph: 0413444914; Email: suzy@moonbeammovement.com.au

Fridays

Fridays 6.30 - 9pm in Rozelle

Authentic Movement

A setting for a movement practice where a supportive group of committed people practice inner focus and containment to deepen personal awareness. The practice can facilitate a therapeutic release through contacting unconscious material, support creativity by exposing new ideas and it can be a community building activity by connection to a wider, collective sense of self.

Beginners and experienced movers welcome.

Contact Meredith Lucy 040 044 7951 or meredithlucy6@gmail.com

"Wellness Exercise Program For Everyone" from 10 am - 11am

Yumi Schaefer - Life Wellness Network

For more vitality, flexibility, muscle tone and strength, and relaxation join in this program of gentle fun aerobics, stretching, core-conditioning and relaxation.

At Guide Hall 159 Waldron Rd, Chester Hill. Offered by Chester Hill Neighbourhood Centre Bookings: **Amy 9645-**

3700 or contact Yumi - Wellness Lifestyle Coaching, Pilates, Dance Therapy See:

www.wellnessnetwork.com.au or phone: 0425-256-735

Also see on line the Wellness "RENEW ME" Lifestyle Book and "Pilates For All" DVD

Saturdays:

Accessible Dance - 10:00 -11:00am

A dance class for dancers with a disability over the age of 16, with emphasis on ability, creative expression and having fun dancing and moving. Carers welcome to join in.

Accessible Arts training room - Wharf 4, Hickson Rd, halfway up the pier on left.

For more information contact: Kirsty Fromholtz - 0402 644 510

kirsty@kirstydance.com.auwww.kirstydance.com.au