



**Dance Movement Therapy Association (DTAA)  
Current Moves - August 2011**

Some updates are included in the following:

**Dance Movement Therapy Association of Australia (DTAA)  
Professional Development Workshops**

**In the Amber Gray event as advertised below**, people wanting to come for only 1 day can come on Friday, but it has to be for the whole session. However, people taking the whole weekend, but unable to leave work early, can start in the second half of this workshop at 5.30 pm.

Attendance for two days of the event is accepted for Friday and Saturday.

**Contact Mandy Agnew for costs – see details below..**

**Friday 26 (Reg. 1.0pm, start 1.45 - 8.30pm), Saturday 27 (11.45 - 6.30pm), and  
Sunday 28 (9.30 - 4.30pm), August, 2011**

**Deep Roots - An Immersion in Continuum Movement**

Another great opportunity to work with international presenter Amber Gray  
At Abbotsford Convent, 1 St Helier Street, Abbotsford, Melbourne  
Dorm 1, Rosina Building, first floor

Amber is using Continuum movement, as based on the work pioneered by Emilie Conrad, more and more as a valuable resource in the restorative movement process after trauma and for resilience after injury, illness and chronic stress. She combines it with somatic psychology, current trauma and neuropsychological research, movement therapy, ritual, and creative arts, in the trainings she provides for health professionals worldwide. Continuum can reduce physical limitations through movement innovation, to counter the “densifying” process of aging and stress, and increase perceptual and mental awareness. The event will be a rich landscape of sound, breath, and movement exploration to increase creativity, flexibility, ground us into the experience of corporal presence and provide the opportunity for growth and wellness. Amber Gray is an experienced practitioner of body centred arts and sciences (somatic psychology, massage therapy, Life Impressions Body-work, Dance movement therapy, energy medicine, cranio-sacral therapy, yoga, and shiatsu), and an advocate of human rights, who has worked internationally and nationally as an activist, artist, a mental health professional, a program director and a trainer/consultant.

Costs: 3 Days of workshop

Current financial DTAA member \$330; Concession financial member \$300

Non DTAA Member \$410; Concession non - DTAA member \$350

**Contact: Mandy Agnew: Tel: 90177850; Mobile 0437348808**

**Email: rmagnew@bigpond.com or download flyer and registration form [www.dtaa.org.au](http://www.dtaa.org.au)**

**Saturday November 5, and Sunday 6**

DTAA AGM and Professional development days. Program TBA

**Expressions of interest**

**Penelope Best in Australia**

First weekend in February 2012

**February/March 2012**

**Sara Boas and her partner Jos Butte** likely to be returning to Australia. Dates will be advised when confirmed.

#### Information, Conferences and Events

##### DTAA Library Notification

Change of Location

The Library has moved and is now housed in Kew, Victoria

All current members are welcome to come by and peruse the books, call me to find one that's on our list or email for me to post items. The Library can be accessed by appointment.

**Please feel free to contact me - Teri McNeil** - on 0431 662 755 or [dance.grl@hotmail.com](mailto:dance.grl@hotmail.com)

Our list of books and dvd's is available on the DTAA website at [www.dtaa.org.au](http://www.dtaa.org.au)

##### Seeking Dance Volunteers

Are you passionate about Dance and would like to support children with a disability through dance? Can you dance with our students to inspire and encourage them?

Would you like to gain some work experience in the dance and disability field to enhance your career? We are seeking passionate dance volunteers to support children and teenagers with a disability to participate in a weekly dance class. Classes run 10.30am – 12pm Sunday mornings at Bayswater Youth Hall, cnr Station Street and Pine Road, Bayswater. If you would like more information please contact

**Melissa at Eastern Recreation Leisure Services**

**Ph: 95720 5944** [vip@erls.net](mailto:vip@erls.net)

##### August 24-28, 2011

##### World Dreaming – psychotherapy Conference in Sydney, 2011

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

**See [www.wcp2011.org](http://www.wcp2011.org) for more information. Also see under NSW.**

##### Friday 16th September - 21st September 2011

##### Explore the Healing art of Dance

A workshop in the magical environment of Bali at the Bali Purnati Centre for the Arts Batuan village near Ubud.

Cost: \$1200 AUS twin share - (single room supplement \$150)

Includes 5 nights accommodation and 5 days workshop plus breakfast and lunch daily and airport transfers to and from Denpasar

Does not include airfares – send deposit of \$250 AUS - balance by 16th August.

Plan to be in Bali to stay night of 16th ready for 17th. The workshop will finish at 5pm on the 21st

Accommodation can be booked in Ubud for those wishing to stay longer in Bali.

Facilitators Alice Owen and Tracey Nicholson are both Dance Therapists with a deeply personal belief and experience of the healing power of dance as a medium for personal exploration and deep change on all dimensions, physical, emotional, intellectual, spiritual.

Over 5 days and nights in the beautiful environment at Purnati participants will have the opportunity to reconnect with the innate dancing self that we all have within us ready to respond when given the chance.

Come alive to your creative passionate dancing body and the joy of letting yourself be danced. Tracy will be sharing some valuable insights from her Pilates and creative dance teaching practice and Alice will be encouraging some improvisation and voice exploration from her Speech Pathology and arts background.

Inner exploration and processing will be approached via various methods including dance improvisation, storytelling, drawing, collage and journaling.

**For enquiries contact: [Aliceowencreate2@gmail.com](mailto:Aliceowencreate2@gmail.com) or [tracenicholson@gmail.com](mailto:tracenicholson@gmail.com)**

##### November 14 to 18, 2011

##### The Art of Good Health and Wellbeing Conference, Canberra 2011

The 3rd Annual Art of Good Health and Wellbeing International Arts and Health Conference is taking place at the National Gallery of Australia, Canberra.

ACUTE AND PRIMARY CARE, COMMUNITY HEALTH, AGED CARE, HEALTH PROMOTION, EDUCATION, RESEARCH AND EVALUATION

The National Portrait Gallery is a supporting conference venue. The conference will also showcase best practice arts and health programs incorporating music, theatre, dance, comedy, circus arts, creative and narrative writing, film and digital media.

**FOR MORE INFORMATION: [www.artsandhealth.org](http://www.artsandhealth.org) Tel: +61 2 6583 5040 or Mob: 0416 641 482 Email: [info@artsandhealth.org](mailto:info@artsandhealth.org)**

#### Victoria

##### Body Voice Centre

##### Body Voice Centre news and events:

**Performance Practicum:** working weekend 12-14 August. Details at

<[http://www.bodyvoice.com.au/html/practicum\\_2010-11.html](http://www.bodyvoice.com.au/html/practicum_2010-11.html)>

Individual voice sessions: for exploration and development of spoken or sung voice. More at

<[http://www.bodyvoice.com.au/html/bodyvoice\\_work.html#Bodyvoicesinging](http://www.bodyvoice.com.au/html/bodyvoice_work.html#Bodyvoicesinging)>

**Breath dialogue:** Individual hands-on breath sessions Middendorf practitioner, John Howard. These sessions are a way of connecting more closely with oneself through heightened awareness of body and breath. See: <<http://www.bodyvoice.com.au/html/breathwork.html#individual>>

**'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. Email **John on**

**[jdhoward@alphalink.com.au](mailto:jdhoward@alphalink.com.au)**

**Body Voice Centre, 50 Wolverhampton St, Footscray, Vic 3011, [www.bodyvoice.com.au](http://www.bodyvoice.com.au)**

**Friday Night SHINE!**

See under Ongoing Classes on Fridays! 7:30 - 9:30 pm.

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

SHINE is free-form expressive dance. **Contact Teri McNeill on m. 0431 662 755 or email:**

**[dance.grl@hotmail.com](mailto:dance.grl@hotmail.com)**

**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](mailto:margmlee@bigpond.com) tel: 0419 119 849**

**MONASH STUDIO~ for movement-based expressive arts**

**Sunday August 14th 3.30-6.30pm**

MIF: Moving Into Facilitation....while articulating our style of facilitation.

Theme: Body Mythology ~ The Spine.

MIF is a container to give rise to our authentic selves in our professional work and as who we are in our lives. We aim to embody clarity and integrity as practitioners of our work and what it is that we facilitate. Drawing from the wisdoms of the body in the arena of our diverse trainings and studies, we connect to our somatics tracking the Spine and exploring our body's mythologies in a safe yet vibrant environment, with the intention to build the essence of our work in our communities. Limit of 12 participants. **For registration contact Tiana: 0415 644 060**

**(03) 9574 9016 [www.monashstudio.com](http://www.monashstudio.com) or [info@monashstudio.com.au](mailto:info@monashstudio.com.au)**

**YOGADANCE Tuesdays 8-9.30pm**

A combination of hatha yoga and creative movement.

**SOUL MOVES Fridays 7-9pm**

A combination of Movement Ritual and the Halprin life/Art Process.

Soul Moves expands and deepens our level of awareness in motion, giving access to personal stories and insights. During these sessions you will be guided to express your unique inner life experiences in movement. Explorations in motion, intuitive drawing, and sounding dialogue will be the mediums used to shape and express ourselves physically, mentally and emotionally.

**For registration contact Tiana: 0415 644 060**

**(03) 9574 9016 [www.monashstudio.com](http://www.monashstudio.com) or [info@monashstudio.com.au](mailto:info@monashstudio.com.au)**

**Volunteer Opportunities with Tiana - Working with transitional groups of teens.**

Mondays: 1.45-3.10pm at Glenallen Special Developmental School Sth East suburbs

6.30-8.30pm Creative Moves for teens with Autism/Aspergers Spectrum.

**Phone: Tiana on 0421 045 438 [www.monashstudio.com](http://www.monashstudio.com) or [info@monashstudio.com.au](mailto:info@monashstudio.com.au)**

**Ideokineses and Movement with Shona Innes.**

Ideokineses 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 go to**

**<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](mailto:loughlin@clari.net.au) for further information. [www.lietocreativedance.com.au](http://www.lietocreativedance.com.au)**

See also under Classes, Mondays in Victoria

**Barefoot Flamenco in Heidelberg with Marina Bistrin**  
**Wednesday nights 7.30 to 9pm**

Scott's Uniting Church Hall, Burgundy St, almost next to Heidelberg Station.  
\$120/term, \$20 per class, casual. Entrance from their carpark.

Beginners & continuing - taught gently. Encouraging getting to know the body and expressing the amazing passionate music of the Spanish Gypsies. Movement principles are used that encourage efficient use of the body that can be applied functionally in everyday life.

Fans, skirts and shawls for flamenco will be used at different stages.

A choreography to perform, using percussion only will be a major focus. Clapping, stepping and castanets will be used for those who want to learn. Working with the Bellyslap drummers is optional for the performance. Get onto The emailing list for percussion workshops which are open to the general public.

**Bookings: Marina Bistrin mob 0438 580 889 ah ph 03 9444 8212**  
**www.dance-explorer.com marinabistrin@optusnet.com.au**

25th Sept 10am to 12 noon - \$50

**BAREFOOT FLAMENCO WORKSHOP with Marina Bistrin**

**Marina 0438 580 889 marinabistrin@optusnet.com.au www.dance-explorer.com**

Sunday 6th November 10.00a.m – 12.00 noon - \$50

**FAN DANCE WORKSHOP with Marina Bistrin**

**Marina 0438 580 889 marinabistrin@optusnet.com.au www.dance-explorer.com**

**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**

**NEW SOUTH WALES**

**August 24-28, 2011**

**World Dreaming – psychotherapy Conference in Sydney, 2011**

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

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: See **www.wcp2011.org** or contact

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

**Alison Strasser at alison@cep.net.au**

**Fri 9 Sept (6-9pm), Sat 10 Sept (9-5pm), Sun 11 Sept (9-1pm)**

**Exploring Non-verbal and Pre-verbal Developmental Issues in Counselling, Psychotherapy and Dance Movement Therapy**

Led by Sandra Kay Lauffenburger, BEd MSc BSocSci (Hons)(Psych); Provisionally Registered Psychologist MAPS; Registered Psychodynamic Psychotherapist PACFA ANZAP AASP; Professional Dance Movement Therapist DTAA; Certified Laban Movement Analyst LIMS

\*This workshop has been recognised for 15 professional development hours by the Psychotherapy and Counselling Federation of Australia (PACFA)

Wesley Institute, 5 Mary Street, Drummoyne NSW

As therapists we acknowledge that the non-verbal, or wordless, components of our work inform up to 70% of our therapeutic interventions. Additionally, many of our important therapeutic concepts such as attachment, attunement, and intersubjectivity have emerged from the observations of non-verbal mother-infant interactions, such as those recorded by Beebe & Lachmann (1988) and Stern (1985). Understanding the early years of development can add great richness to our psychological theories and open up a world of therapeutic choices.

In this workshop we will focus on the pre-verbal and non-verbal aspects of self that develop during the early years of life. Through movement, discussion, and play, we will:

1. Explore the physical, emotional, and relational challenges faced in infancy,
2. Interweave research on brain development with factors impacting on the child's capacity for affect regulation and relational interactions,
3. Discover and play with the role of affect in the developmental process,
4. Chart the development of the senses of self (Stern, 1985), focussing primarily

on the pre-verbal, and

5. Explore the impact of non-verbal/pre-verbal development in our own lives.

Sandra has over twenty five years of studying and exploring the body and movement as well as clinical training in Self-psychology. She teaches Dance Movement Therapy and offers phone and face to face supervision for Dance Therapists, Counsellors, and Psychotherapists. She has been an invited presenter in Laban Movement Analysis throughout Australia, Asia and Canada.

General Registration \$395; DTAA/IDTIA Member \$295; Student \$195

FURTHER INFORMATION contact Dr. Jeff Rutter, Head of Counselling, at (02) 9719 1924.

**REGISTRATION: Graduate School of Counselling, 5 Mary Street/PO Box 534, Drummoyne NSW 1470. p: (02) 9719 1924; e: info@wi.edu.au; www.wi.edu.au**

**8 – 11 September, Thursday evening to Sunday afternoon,  
Bathing the Bones - Continuum and Sacred Movement**

Yogalates Bangalow., near Byron Bay.

Connecting to ancient wisdom in the pulse and fluidity of the body to move beyond patterned behaviour

With AMBER GRAY - co-facilitated by SAINTTINA DE MOLEAY

A rare opportunity to work with Continuum teacher Amber Gray, a facilitator/healer who has successfully uses

Continuum for abuse repair. Amber has worked in post-earthquake Haiti; Darfur while the war was raging; Indonesia after the tsunami; and the West Bank/Palestine Occupied Territories.

Using rhythm and dance she has worked with street kids; child soldiers; gang members; street fighters; veterans; survivors of torture; war, rape; domestic and ritual abuse. She received an outstanding achievement award for her work as a Dance Therapist in conflict and disaster areas.

Sainttina de Moleay was in the first wave of Gabrielle Roth's 5 Rhythms teacher training, returning to Australia to infuse 5 Rhythms into everything she did - circus work; festivals; ceremonies; teaching and training. Wanting to dig more deeply into her own personal resources she recognised the relevance of 5 rhythms in abuse repair.

Bathing the Bones is for those who have experienced abuse and trauma, and for those who work with the survivors as body-workers, counsellors, therapists, psychotherapists, movement teachers, musicians and other community artists.

Our 'beat' is lost when we are violated, stressed, traumatised or wounded and Continuum helps the return to our original rhythm by restoring core rhythmicity. This group will find healing through inner listening, easy movement, and Rhythm as the ancient traditional healer - universal healing force. Dance expresses celebration; restoration; community and mourning.

Free evening workshop Tuesday the 6th September, to experience Continuum with Amber and a

World Meditation practice with Sainttina (venue to be confirmed), 7.30pm to 10 pm

Weekend Immersion workshop will be 8 – 11 September, Thursday evening to Sunday afternoon. It is

Non-residential - Cost is \$380

**There are financially assisted places available for the workshop for income challenged participants.**

**Information and bookings. sainttina@hotmail.com 0402 170 846**

**M-Body-Ment The 360 Degrees of Connecting**

**with Michael Muir** - MONDAY 12 Sept 2011 for 8 Weeks

7PM – 9:30PM, final session 7 Nov 2011 (No class Oct 3 Long Weekend)

Price \$380\* Early Bird, \$430 Full Price

\* To qualify for Early Bird price full payment must be made by Aug 26

Internet transfer, Visa or MasterCard Accepted

Suite 3, 89B Cowles Road, Mosman, NSW, 2088

This group is all about connection – to our bodies and our internal wisdom, to each other and to our world. We will be working with strengthening internal resources and finding places inside us that we can connect with when the world around us feels turbulent.

As a group we will spend 8 weeks getting to know our bodies, deepening our relationship with ourselves and ourselves in relationship with others, in a supportive space and in community.

Our practices will include meditation, gentle bodywork and authentic movement derived from a somatic psychotherapy background and adapted for group work.

The intention of this work is to provide practical approaches to feel freer in your body, more relaxed in your mind and thoughts, and more connected to you.

No prior experience necessary.

**Contact Michael Muir for more information or to secure a place**

**Mobile: 0414 888 248; Email: michael@soupa.net**

**http://www.goodtherapy.com.au/michael\_muir Facebook: Sydney Somatic Psychotherapy**

**16th September 2011 7pm-9pm**

**The Awareness Institute, Suite 1/20 Clarke Street Crows Nest NSW 2065**

**The use of Neurofeedback in Psychotherapy**

Presented by Mirjana Askovic, Senior Neurofeedback Clinician, STARTTS

This presentation aims to provide participants with a brief overview of the functional brain networks that are disrupted by trauma and how neurofeedback is used to regulate affect and restore cognitive functions of traumatised clients.

Particular attention will be paid to describing how neurofeedback and psychotherapy work together.



Several case vignettes will be used to illustrate interplay between neurofeedback and psychotherapy through the various stages of trauma treatment.

Ms. Mirjana Askovic is a psychologist (B.A. Psych (Hons) and neurofeedback practitioner with more than 20 years of clinical experience in working with children and adults. Over the last eight years, her major focus has been on integrating the use of neurofeedback with psychotherapy in working with chronic and complex PTSD. Mirjana is an experienced national and international conference speaker and author of multiple publications on neurofeedback and psychotherapy.

Non-members are more than welcome for a fee of \$20

**11th November 2011**

**AASP-ASIA Professional Development 7pm-9pm**

**The Awareness Institute, Suite 1/20 Clarke Street Crows Nest NSW 2065**

**EMDR; What it is and its use in Psychotherapy**

Presented by Roby Abeles

In this presentation Roby will talk about EMDR; what it is, its history, and its effects on clients with a trauma and/or addictive history. Roby will also discuss how EMDR affects the brain and our physiology. We will look at how EMDR can help our clients. We will then explore what Brainspotting is and how it evolved from EMDR. She will also use case studies to enhance her presentation.

Roby Abeles is a clinical member of PACFA, an approved consultant in EMDR in Australia, as well as a Somatic Experiencing Practitioner. Roby is a supervisor in several modalities of therapy and is an educator at the Australian College of Applied Psychology where she teaches a module in trauma counselling. Her specialities are numerous including trauma and other overwhelming experiences and how they affect the nervous system and physiology of the brain and body and how to rebalance the body and brain. She has also worked extensively with clients with addictions.

**Non-members are more than welcome for a fee of \$20. Tel: 0294361644**

**Creative Doctor's Network film night- AMA**

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

It will be a fun night. AMA house 69 Christie Street, St Leonards, Sydney

All welcome Admission \$25

**Email: [janene@amansw.com.au](mailto:janene@amansw.com.au) for information about future date**

**2011: DRAWING MOVEMENT**

**ROZELLE SCHOOL OF VISUAL ARTS, 57 Nelson Street, Rozelle, Sydney.**

\$10 per class (incl. Materials). Fridays 6-8.

August 2011, 6-8pm Monday evenings. Cost \$10 per session.

Understanding climate change is difficult and the enormity of the issue can be overwhelming, and yet it is vital that we understand as best we can if we are to respond appropriately.

Pleasure can be found in experiencing connections within our selves, with other people and with the environment that sustains us. The workshops will explore how movement can be used to help us understand some processes involved in climate change. The first workshop will begin by exploring the complex story of ocean acidification. There is great beauty and pathos in this story and overwhelming evidence that we play a lead role in it. Gentle movement exercises and guided improvisations lead you to express your unique understanding, experience and observation of movement and transformation in the natural world. People with all levels of experience in moving and drawing are welcome.

Moving and drawing are inherently enjoyable. They share a common language of circling, spiralling and crossing forms that we know from childhood play. These forms are elemental and are the basis of all languages, including gesture. They express our experience and measurement of space, time and energy. Workshops are developed from dance practices of Rudolf Laban, Johanna Exinerand Siobhan Davies, and on drawing and animation practices of Norman McLaren and Len Lye. Daniela Giorgi explores Drawing Movement with Lisa Roberts at the Rozelle School of Visual Arts, Sydney, 2011.

Photos: Geoffrey Robertson

Yoris Everaerts and Christine McMillan explore Drawing Movement with Lisa Roberts at Dickson Street Hall, Sydney, 2007. Photos: Christine McMillan & Lisa Roberts

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

**For more information; Contact Lisa: 02 9550 2805; [www.lisaroberts.com.au](http://www.lisaroberts.com.au); [lisa@lisaroberts.com.au](mailto: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](mailto:satyo@shoal.net.au)**

**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](mailto:office@glenparkcc.com.au) 9294 7525 or call Marina Bistrin 0438 580 889, 9444 8212, [www.dance-explorer.com](http://www.dance-explorer.com) [marinabistrin@optusnet.com.au](mailto:marinabistrin@optusnet.com.au)

Mondays from August 15 – 1 – 2.0 pm

Fan Dance at Geenhills Neighbourhood Centre, Greensborough

**Bookings Ph 03 9435 9287      [info@greenhillsnc.org.au](mailto:info@greenhillsnc.org.au)      [www.greenhillsnc.org.au](http://www.greenhillsnc.org.au)**

### **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](mailto:loughlin@clari.net.au) See: [www.lietocreativedance.com.au](http://www.lietocreativedance.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](mailto:marinabistrin@optusnet.com.au) or see [www.dance-explorer.com](http://www.dance-explorer.com)**

#### **YOGADANCE Tuesdays 7.15-8.45pm**

An ongoing class. A combination of hatha yoga and creative movement.

For registration contact **Tiana: 0415 644 060**

**(03) 9574 9016 [www.monashstudio.com](http://www.monashstudio.com) or [info@monashstudio.com.au](mailto:info@monashstudio.com.au)**

### **Wednesdays:**

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

For more information contact **Marina Bistrin on 0438 580 889, ah 9444 8212 Email:**

**[marinabistrin@optusnet.com.au](mailto:marinabistrin@optusnet.com.au) or see [www.dance-explorer.com](http://www.dance-explorer.com)**

#### **Wednesday nights 7.30 to 9pm**

**Barefoot Flamenco in Heidelberg** with Marina Bistrin

Scott's Uniting Church Hall, Burgundy St, almost next to Heidelberg Station.

\$120/term, \$20 per class, casual. Entrance from their carpark.

Bookings: **Marina Bistrin    mob 0438 580 889    ah ph 03 9444 8212**

**[www.dance-explorer.com](http://www.dance-explorer.com)    [marinabistrin@optusnet.com.au](mailto:marinabistrin@optusnet.com.au)**

### **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](mailto:marinabistrin@optusnet.com.au) or see**

**[www.dance-explorer.com](http://www.dance-explorer.com)**

### **Fridays**

#### **Friday Night SHINE!**

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

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](mailto:dance.grl@hotmail.com)**

#### **SOUL MOVES - on-going classes 7-9pm**

A combination of Movement Ritual and the Halprin life/Art Process.

Come and join us for movement explorations, drawing and dialogues.

Soul Moves expands and deepens our level of awareness of ourselves in motion, giving access to our personal stories and insights as we return to our daily lives.

**Contact Tiana: 0415 644 060**

**(03) 9574 9016 [www.monashstudio.com](http://www.monashstudio.com) or [info@monashstudio.com.au](mailto:info@monashstudio.com.au)**

## Saturdays

### Body Voice Centre

'Meeting the breath': half-day workshops

Dates, Bookings and further details: email [info@bodyvoice.com.au](mailto:info@bodyvoice.com.au)

**Body Voice Centre, 50 Wolverhampton St, Footscray, Vic 3011 [www.bodyvoice.com.au](http://www.bodyvoice.com.au)**

## Sundays

### Soul dance - 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](mailto:norquaytd@ihug.com.au)**

## New South Wales - 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](mailto: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](mailto:kirsty@kirstydance.com.au)[www.kirstydance.com.au](http://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](mailto:meredithlucy6@gmail.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](mailto: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](mailto:meredithlucy6@gmail.com)**

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

#### 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](http://www.wellnessnetwork.com.au) or phone: 0425-256-735**

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



## Fridays

**Fridays, 4:30-5:30pm (during school terms).**

**Creative Kids - a creative dance class - developing physical, emotional, social and cognitive skills.** For ages: 6-11 years. Begins Friday, August 5!

At The Basement, (at Pittwater Uniting Church), 10 Jubilee Ave, Warriewood

Cost: weekly \$15 each, or 8 week term for \$96.

Bring: comfortable clothes to move in, socks, drink bottle.

Bookings: **please contact Esther to reserve a place.**

**For more information [estherdurham@hotmail.com](mailto:estherdurham@hotmail.com) or see: [www.awholelotofdance.com.au](http://www.awholelotofdance.com.au)**

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

## Overseas

### Bali

**See full details under Information, Conferences and Events**

Friday 16th September - 21st September 2011

Explore the Healing art of Dance

A workshop in the magical environment of Bali at the Bali Purnati Centre for the Arts

Batuan village near Ubud.

**For enquiries contact: [Aliceowencreate2@gmail.com](mailto:Aliceowencreate2@gmail.com) or [tracenicholson@gmail.com](mailto:tracenicholson@gmail.com)**

### Singapore Training Programs

**Run by Lillian Thio**

1. Sept. 26 - 27, 2011, 9.30 - 5.30pm, Children: Introduction to Dance/Movement Therapy

2. Sept. 28-30, 2011, 9.30 - 5.30pm, Elder Care: Dance/Movement Approach as an Intervention, For those who attended the Elder Care Introduction

Both at Social Services Training Institute (SSTI)

See: <http://www.ssti.org.sg> for more information and registration

3. October 5-7, 2011, 9.00 - 5.00, From Motion to Emotion: Using Movement in Counseling (Level 1), at: SAL, Singapore 2011, register with SAL website

4. 1st October (time to be confirmed), Dancing for Birth FREE DEMO class, first **time@Suntex** City, Singapore. At Suntex City, Singapore. Bookings required from the organizer

5. 2nd October (4.00 - 5.00 pm), Dancing for Birth FREE DEMO class, first time in Singapore. At YMCA Singapore (venue tentatively)

6. Date: 2nd October 2011 (1pm - 4 pm), Minding the Embodied Body (Professional Development), At YMCA Singapore

Fees: S\$ 55.00 (early bird registration before 16th September 2011)

**See <http://www.facebook.com/www.iexpress2explore> or for**

**all queries email Lillian at [info@iexpress2explore.com](mailto:info@iexpress2explore.com)**

### MALAYSIA TRAINING PROGRAMS

**Run by Lillian Thio**

1. 24th September (4.00 - 5.30 pm), Dancing for Birth FREE DEMO class, first time in Malaysia. At 14A Jalan Satu, Taman Nusa Bestari Jaya, 81300

Registration: Bonbebe Child Learning Centre

2. Date: 25th September (9.30 - 4.30 pm), Moving with Meaning (NEW) Training workshop\*

At 14A Jalan Satu, Taman Nusa Bestari Jaya, 81300

Registration: Bonbebe Child Learning Centre

**See <http://www.facebook.com/www.iexpress2explore> or for**

**all queries email Lillian at [info@iexpress2explore.com](mailto:info@iexpress2explore.com)**

## UK

### MSc Dance Movement Psychotherapy

**Queen Margaret University, Edinburgh, Scotland, UK**

Dance Movement Psychotherapy is a unique form of psychotherapy which uses movement and dance as a means of communication and self-development. It is a treatment modality for people who are emotionally distressed, socially isolated, who experience physical or mental illness, and/or physical and cognitive impairment. This MSc will offer successful graduates the licence to practise with a wide range of client groups. The programme combines academic

studies with clinical practice placements and dance/movement-based work. It can be studied full-time over 2 years or part-time over 3 years.

For more details see the attached poster and/or visit the programme's website:

**[www.qmu.ac.uk/at/Dance\\_Movement\\_Psychotherapy.htm](http://www.qmu.ac.uk/at/Dance_Movement_Psychotherapy.htm)**

If you do not want to commit to an MSc training programme but want to find out more about Dance Movement Psychotherapy, you might prefer joining one of the following two programmes.

1. A series of intensive weekends on the therapeutic use of embodied work. This will offer opportunities to become familiar with particular aspects of dance movement psychotherapy practice facilitated by highly qualified and experienced professionals.

See; **[www.qmu.ac.uk/at/Weekends\\_in\\_Dance\\_Movement-Psychotherapy.htm](http://www.qmu.ac.uk/at/Weekends_in_Dance_Movement-Psychotherapy.htm)**

2. The Introduction to Dance Movement Psychotherapy Short Course.

The Dance Movement Psychotherapy introduction programme is delivered in the form of experiential workshops, group work and seminars. Different approaches to creative movement, dance, other arts therapy models and group work are explored and facilitated by a range of visiting lecturers who are experienced clinicians in the field.

**For more details visit the programme's website:**

**[www.qmu.ac.uk/at/Introduction\\_to\\_Dance\\_Movement\\_Psychotherapy.htm](http://www.qmu.ac.uk/at/Introduction_to_Dance_Movement_Psychotherapy.htm)**

**In all cases, further details can be sourced by Dr Vicky Karkou: [VKarkou@qmu.ac.uk](mailto:VKarkou@qmu.ac.uk)**

Dance-Movement Therapy Association of Australia -- Tel. 03 9592 4017

**[info@dtaa.org.au](mailto:info@dtaa.org.au) -- [www.dtaa.org.au](http://www.dtaa.org.au) --**