



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

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

Please note slight date adjustment:

**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 for both practitioners and their clients.

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

Saturday November 5, and Sunday 6

DTAA AGM and Professional development days. Program TBA

February 2012

Sara Boas and her partner Jos Butte will be returning to Australia. Dates will be advised as soon as confirmed.

Information, Conferences and Events

**Drexel University, Philadelphia - Department of Creative Arts Therapies
Full-Time Tenure-Track Faculty Position Opening
Doctor of Philosophy Degree Program**

The Drexel University Department of Creative Arts Therapies has a full-time, resident faculty position for an individual who meets the qualifications for a tenure track appointment in the College of Nursing and Health Professions. The position has primary responsibilities to the Ph.D. program in Creative Arts Therapies.

The candidate for the position must meet the following requirements:

- * An earned doctorate in a creative arts therapy or a related field, Ph.D. preferred
- * Board certification in art therapy, dance/movement therapy or music therapy
- * A minimum of 3-5 years teaching and course development at the graduate level
- * A dossier of past and ongoing research and scholarship, including peer-reviewed publications
- * A documented record of grant submissions and funded projects
- * A history of service to their profession and university/college
- * Outstanding organizational skills and motivation to advance in the Drexel tenure-track

Major Responsibilities:

- * To serve as faculty advisor/supervising professor for students enrolled in the Ph.D Program in Creative Arts Therapies
- * To generate funded projects that support the research in the Ph.D Program
- * To teach or co-teach doctoral level courses and seminars
- * To participate in designing and analyzing program evaluation data
- * To participate in any other activities that advance the scholarly mission of the program, department, college and university
- * To participate in program activities such as recruitment, admissions, procedure and policy review and other activities as necessary

Applications will be evaluated as they are received. Please direct inquiries or send a letter of interest and CV to Dr. Sherry Goodill, chair of the search committee, at sg35@drexel.edu. Drexel University is an Equal Opportunity/Affirmative Action

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 for more information. More information 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

Earlybird discount \$1100 if full payment before 16th July 2011

To book your place please send a deposit of \$250 AUS by 16th July - balance by 16th August.

Plan to be in Bali to stay the night on the 16th ready to start on the 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 or tracenicholson@gmail.com

Victoria

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.

Susan Bamford Caleo will be running a

<http://www.bodyvoice.com.au/html/susan_bamford_caleo.html> weekend workshop

on 2-3 July at the Body Voice Centre as part of her Voice and Body

Exploration series for experienced performers. Contact Susan on (03) 9497 8098 or sbamcal@hotmail.com.

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

Friday Night SHINE!

See under Ongoing Classes weekly on Fridays! 7:30 - 9:30 pm.
St Johns Uniting Church, 567 Glenhuntly Rd, Elsternwick, Victoria
SHINE is free-form expressive dance. **Contact Teri McNeill on m. 0431 662 755 or email: dance.grl@hotmail.com**

Saturday 2 July, 2011

Creative Arts Therapy Workshop

MIECAT, 17 Victoria Street, Fitzroy (not Victoria Parade) 1-4 p.m.

This short workshop will explore the use of drawing, painting, writing, movement, body awareness and more as tools for gaining inner knowledge and connecting to your creative self. This is ideal for anyone who wants to try out Creative Arts Therapy for the first time, or for those familiar with CAT who want to experience more.

No previous arts experience required.

Workshops fill up fast, so if you'd like to join us please book in soon!

\$70 including all materials

For bookings or more information, contact Jennifer on jenniferberlingieri@gmail.com or go to creativeartstherapy.com.au

****Private sessions are also available.****

July 2nd, 2011

Impact Afghanistan War - 100 people fall

On July 2nd, 2011, I invite you to join me in a 100 people falling ritual to coincide with Helene Voster's year end, culminating fall.

When: Saturday 2nd July at 2.00pm – 3.00pm

Where: on the grass on the left of the Hot Sea Baths

Jacka Boulevard/St Kilda beach, St Kilda - * & Toronto, Canada

Helene Vosters began "Impact Afghanistan War" on July 1, 2010, a memorial project in which she falls 100 times a day in a public space for one year—each fall in recognition of an Afghani death through the war in Afghanistan.

Inspired and moved (literally) by Helene's project, Viv Neale has fallen in public in Melbourne and WA, sometimes alone and sometimes with others.

Participants can adjust the number of falls and method of falling to be easy on your body, possibly falling slowly to the ground and choosing to spend longer periods standing or lying on the ground. A short introduction will be held immediately before the ritual. Witnesses welcome. (no movement or performance experience necessary)

For more information: Contact Viv 0449164040/95313125 or vivneale@optusnet.com.au

Also see: www.impactafghanistanwar.org

July 9, 2011 - Saturday

Heart Curve - Dance Theatre - Two Shows ONLY

Door open 5.10 for a 5.30 pm start

Doors open 7.40 for a 8 pm start

Tickets Full \$20 Concession \$15

Embodying the curve of a Raqs Sharqi* Heart

Produced, Directed & Choreographed, by Maria Sangiorgi

This dance chose me. It took me in gave me shelter. It harbors my heart.

It remembers me as a timeless being, it move me through lifetimes, through memories through my hearing journey. I feel joy when I dance. I feel whole when I move the curve, the spiral, the heart. I feel complete when the whole of me is there, the whole of my body, heart.

Come with us on the journey through the curves and spirals that shape this dance of Heart from the Heart to the Heart.

Performers: Maria Sangiorgi, joined by,

Allison Bartlett, Caroline Whitlock, Cassandra Longley, Cindy Hyde, Helen May Brown, Judith Kavermann, Sarah Epskam, Also featuring is Lloyd Smith in Ceremonial opening dance honoring the Wurundjeri people. He is joined by the Sussex Creative Movement & Dance Group.

Rosina Auditorium, Abbotsford Convent, Abbotsford

ticket can be purchased on Line at Dancing Isis Dance, & Embodied Bellydance

Call 0419 523 710

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

MONASH STUDIO~ for movement-based expressive arts

Saturday June 25th

BIODANZA one day workshop.

Sunday June 26th 4-7pm Workshop \$40 'Articulating your Style of Facilitation'

The intention is to embody clarity and integrity in who we are as practitioners and what we facilitate. We will move through the mediums of a psycho-kinetic process, while exploring and looking through the lens of our teaching style. Registration essential. Art materials included.

For registration contact Tiana: 0415 644 060

YOGADANCE Tuesdays 7.15-8.45pm

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

For registration contact Tiana: 0415 644 060

Starting July 8th Fridays on-going classes at 7-9pm

SOUL MOVES

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.

During these sessions you will be guided to find your own movements to express your unique inner life experiences. We will use the mediums of creative movement, intuitive drawing, and dialogues to shape and express ourselves physically mentally and emotionally.

For registration contact Tiana: 0415 644 060

(03) 9574 9016 www.monashstudio.com or info@monashstudio.com.au

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

Mondays 1.45-3.10pm

Glenallen Special Developmental School Sth East suburbs

Thursdays 9-10.15am & 11-12.15pm.

Yarraville Special Developmental School

Fridays: 1.30-2.30pm

Monash Special Developmental School

Phone: Tiana on 0421 045 438

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:atinner@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

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.

See www.wcp2011.org for more information

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

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

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 for information about future date

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 programs

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

2011 Drawing Movement - Sydney,

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

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™

Dancing Isis Dance! Embodied Bellydance™

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

Contact: Maria 0419 523 710 for information about ongoing Tuesday classes, or go to

<http://www.dancingisis.com/embodied-bellydance/>

YOGADANCE Tuesdays 7.15-8.45pm

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

For registration contact Tiana: 0415 644 060

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

Thursday

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>

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.

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**

Sensing Feeling Dancing 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. **Contact Maria for information regarding continuation of these classes on 0419 523 710 or go to: www.dancingisis.com**

SOUL MOVES - on-going classes at 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 or info@monashstudio.com.au

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

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

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 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 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 - 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 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.au www.kirstydance.com.au

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

info@dtaa.org.au -- www.dtaa.org.au --