

**The DTAA's 'Current Moves' March 2011**

**Dance Therapy Association of Australia events:**

**April 30, 9.15 am – 5 pm**

**A Dance Therapy Association (DTAA) Professional Development and Supervision Day**

Downstairs Studio, The Sylvia Staehli Theatre

Dancehouse, 150 Princes Street, Carlton, Melbourne, 3054.

Professional development and Supervision workshop: 9.30 am- 3.30 pm

Led by Anna Ganz and Jane Guthrie

This workshop will focus on reflective practice and issues of transference and counter transference and 'mutual influences'. It will provide attendees with 5 hours of professional development and / or supervision, as needed.

Cost: \$75.

**Contact: Mandy Agnew, Tel. 90177850; 0437348808**

**Email: [rmagnew@bigpond.com](mailto:rmagnew@bigpond.com)**

**Mentoring session: Becoming a Professional Member:**

**3.30 - 5.00 pm**

Led by Anna Ganz, Fran Ostroburski and Bouthaina Mayall, Professional Membership Committee, Dance Movement Therapy Association

The DTAA is keen to encourage potential Professional Members to progress through the application process. Without significant numbers of Professional Members, our profession will not grow.

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

Questions to be addressed: What are the barriers to applying for Professional Membership? What could the DTAA do to assist people to progress forwards? How could potential applicants support each other through the process of preparing their application?

FREE

**Contact: Mandy Agnew, Tel. 90177850; 0437348808**

**Email: [rmagnew@bigpond.com](mailto:rmagnew@bigpond.com)**

**DTAA's Peer Mentoring Program in Melbourne**

This took place at approximately 6 weekly intervals at Dancehouse, Carlton in 2010. If you are interested in continuation of this program:

**Contact: Jennifer Ford: Ph: 9772 9352 m: 0410 922 228 email: [jenniferford@live.com](mailto:jenniferford@live.com), or**

**Tiana Li Donni, ph: 9574 9016 m: 0421 045 438 email: [tianamoves@hotmail.com](mailto:tianamoves@hotmail.com)**

**Messages from the DTAA:**

**Abstract Submissions extended by one month for the PACFA Conference!**

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

**August 24-28.**

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

**See [www.wcp2011.org](http://www.wcp2011.org) for more information, and look under NSW in this issue of Current Moves.**

**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](mailto:copper1995@hotmail.com); Tel: 9585 2358, or 0421 560 482**

## Victoria

### **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](mailto:tianamoves@hotmail.com). Studio also for hire.**

### **Saturday 2nd April, 2011- 10.00 – 4.00pm**

#### **The Alchemy of Therapeutic Change: A Workshop for Professionals**

This workshop enables participants to explore the processes of successful adaptation required to transform maladaptive patterns and to build resilience when we are faced with life challenges.

Participants will be exposed to experiences of restoring movement that has been changed through trauma, developmental issues and other stressful events. Participants will be immersed in ideas and processes that will enable them to connect with their clients to create new life narratives through active engagement in their environment.

There will be opportunity to participate in inter-disciplinary dialogue on the complexity of functional change and transformation.

At: The Salamander Centre for Feldenkrais and Creative Dance,  
Home Road, Newport,3015

Rear of 52

COST: \$140.00 (lunch, morning and afternoon tea provided) Registration on payment. Bring a blanket, a large towel and wear loose, comfortable clothing.

Presented by:

**Sally Low:** B.App. Sci (PT), Grad Dip Mvt & Dance, Grad.Dip. Rec., Feldenkrais Practitioner. Sally has been working as a physiotherapist for nearly 30 years, with interests in rehabilitation and pain management. In her private practice she combines models of physiotherapy, Feldenkrais Method and Creative Movement and Dance to best meet her clients' needs. Psychoanalytic thinking underpins her therapeutic practice.

**Robyn Low:** B. App Sci (OT), Grad.Dip. Mental Health Sci., Grad.Dip. Bus.

Works as an occupational therapist in mental health settings enabling people to participate in meaningful life roles. She believes that human and organisational systems have the potential for change and adaptation.

**Places strictly limited. Call Robyn (0413 199 708) or Sally (0405 170 090) for further details and to registration.**

### **Sat 16 April, 2011**

#### **Saturday Creative Arts Therapy Workshop**

1-4 pm

MIECAT, 17 Victoria Street, Fitzroy

\$65 including all materials

**For Bookings or more info contact Jennifer on [jenniferberlingieri@gmail.com](mailto:jenniferberlingieri@gmail.com) or go to [creativeartstherapy.com.au](http://creativeartstherapy.com.au)**

### **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 book in early, as spaces are limited!**

Private Sessions also available

**For Bookings or more info contact Jennifer on [jenniferberlingieri@gmail.com](mailto:jenniferberlingieri@gmail.com) or go**

to [creativeartstherapy.com.au](http://creativeartstherapy.com.au)

### **Body Voice Centre**

#### **Individual vocal development sessions with John Howard available**

now: set of five one-hour sessions for \$250 full, \$150 concession. Email

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

#### **Also '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.

Body Voice Centre, 50 Wolverhampton St, Footscray.

**Bookings & further details: email [info@bodyvoice.com.au](mailto:info@bodyvoice.com.au)**

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

### **Anatomy in Movement**

For movers who want to understand what's happening in movement, Meran Cassidy draws on the story of evolution in the discovery of the bones, muscles and joints inside us. In her workshops you will feel, touch, embody; on the skeleton, on yourselves, and on each other.

From the spherical movement of the cell, or the side to side movement of the fish; each step in evolution opens a window into understanding an aspect of your movement.

Each week will cover a different region of the body, involving also colouring and reading. This class is designed to cater for people with a variety of learning styles. Our aim is to help you understand your movement and feel confident in your ability for inquiry and self-education.

Time: 9am-2pm every second Saturday

Where: Cecil St Studio, 66 Cecil St Fitzroy 3065

**Contact: Meran Cassidy 0413736966 [meran@embodying.com.au](mailto:meran@embodying.com.au) [www.embodying.com.au](http://www.embodying.com.au)**

### **April - Wednesday 6 and Thursday 7**

#### **Reconnexion National Anxiety and Depression Conference 2011**

#### **The Puzzle of Wellbeing: an integrated approach to psychological health**

Hilton on the Park, Melbourne.

Clinicians and researchers will provide thought provoking and informative presentations which will give understanding and foster new ideas and approaches to practice.

Speakers include Anne Deveson, AO, Writer, Broadcaster, Film Maker & Social Commentator, Dr Melanie Fennell, Oxford Cognitive Therapy Centre/Oxford University Dept of Psychiatry, UK, and Venerable Ajahn Brahm Bodhinyana Monaster, WA

**Telephone: 1300 273 266 or 03 9886 9400 Website: [www.reconnexion.org.au](http://www.reconnexion.org.au);**

**[info@reconnexion.org.au](mailto:info@reconnexion.org.au)**

### **Volunteer Opportunities**

Contact Tiana Li- Donni for information about project continuations 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](mailto: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](mailto:loughlin@clari.net.au) for further information. [www.lietocreatedance.com.au](http://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 centering dance – great location, music and people.

**Tony Norquay, 03 5678 5525 or 0418 134 709 or [norquaytd@ihug.com.au](mailto:norquaytd@ihug.com.au)**

## Classes and Events at the Inner Movement Centre

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, in 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)**

#### Bioenergetic Work Outs – with Ermanno Bergami

See: [www.emotionalcouragetherapy.com](http://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](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)**

#### Embodied Bellydance™

Regular classes in 2011 begin February

Recreational Egyptian Dance Level 1 6.30 – 8 pm Cost \$200 / \$170 con

Neo Traditional Egyptian Dance Level 2+ 8 – 10 pm Cost \$230 / \$200 con.

This unique approach to teaching and learning is a wonderfully feminine and enchanting dance form. It incorporates anatomy, body awareness, creative visualisation and somatisation. Working with the breath facilitates a deeper connection to the inner and outer movement of the body to promotes self esteem and celebrate womanhood.

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

##### **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. 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](http://www.dancingisis.com)**

#### **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**

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

#### **NEW SOUTH WALES**

##### **May 5, 2011**

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

Lisa Robert's new movement 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](mailto:janene@amansw.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 are extended by one month 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

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](mailto:sophie@williamsroad.vic.edu.au)**

**Alison Strasser at [alison@cep.net.au](mailto: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](http://www.lisaroberts.com.au); [lisa@lisaroberts.com.au](mailto:lisa@lisaroberts.com.au)

## **Begins Thursday April 7 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, April 7.

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

Bring: A pen and notebook. Wear comfortable clothes.

Facilitated by Esther Durham, a qualified dance movement therapist. Grad Dip DMT, Assoc Deg Dance. To reserve your place, contact Esther by April 4.

**Maximum of 10 places. ph: 0407 769 943 e: [estherdurham@hotmail.com](mailto:estherdurham@hotmail.com) or contact the church office: 9997 2386**

## **Sydney DMT Forum**

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](mailto:sharontoddmiller@yahoo.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)**

**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](mailto: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](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)**

**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](mailto:estherdurham@hotmail.com)**

**Thursdays**

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

At: Lifepod, 1A Victoria St, Paddington

A six-week course 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.

Next course starts 24th March.

**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: 0425256735**

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

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) --**