

### Current Moves January 2011

Current Moves, the DTAA's email bulletin, aims to keep the dance movement therapy community up-to-date with information in-between publications of the Association's journal, 'Moving On'. Please forward any communications, news of events, or changes of events, to [dtaa@alphalink.com.au](mailto:dtaa@alphalink.com.au) for distribution.

### DTAA Events:

Expression of interests and needs

Events are being planned for 2011

International presenters are likely to include a return visit from Sara Boas and Jos Butte later in the year. There is also the possibility of a return visit from Peggy Hackney, and first time visit from Bonnie Bainbridge Cohen. As well there will be PD / Supervision days organized from local presenters. **Contact the DTAA, via [dtaa@alphalink.com.au](mailto:dtaa@alphalink.com.au) , responses welcome. What you are interested in?**

### DTAA's Peer Mentoring Program in Melbourne

In 2010 this took place on Sunday mornings at approximately 6 weekly intervals at Dancehouse (upstairs studio), 150 Princes Street, Carlton. The program is for members of the dmt community to promote working together and getting to know each other as peers through a focus on creative movement explorations directed towards individual or collective themes and discussions that grow from the experiences.

If you are interested in this program continuing 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)**

### COCHRANE REVIEWERS ARE LOOKING FOR TRIALS IN DMT WITH CANCER PATIENTS

Drs. Sherry Goodill and Dr. Joke Bradt (Drexel University, Philadelphia) and Dr. Cheryl Dileo (Temple University, Philadelphia) are conducting a Cochrane Systematic Review on Dance/Movement therapy with cancer patients (adults as well as pediatric). It is important that all published and unpublished randomized controlled trials (RCTs), in any language, are identified for this review so that the review can paint an accurate picture of the available evidence.

This includes dissertation and thesis research as well. An extensive search of databases and handsearching of journals has been completed, but it is still possible that some RCTs have not yet been identified (especially unpublished ones).

If you have completed or are currently conducting a RCT with this population, or know of any RCTs, please inform Dr. Sherry Goodill ([sg35@drexel.edu](mailto:sg35@drexel.edu)) or Dr. Joke Bradt ([jbradt@drexel.edu](mailto:jbradt@drexel.edu)). Although non-RCTs cannot be included in this Cochrane review, we would also like to learn about any non-randomized clinical trials with this population as it can help us build sound research recommendations. More information on Cochrane reviews can be found at

<http://www.cochrane.org/cochrane-reviews>.

**Please contact Sharon W. Goodill, Chairperson**, Department of Creative Arts Therapies

College of Nursing and Health Professions, Drexel University, Philadelphia

Telephone: 215-762-6926, Fax: 215-762-6933 Program webpage: <http://www.drexel.edu/artsTherapies/>

### Victoria

**January 15 and 16**

**Summer soul Dance 2011 - 10 am - 5 pm**

A weekend to nurture your spirit, recharge your energies and tap your creativity in a supportive and stimulating environment.

Phillip Island, Newhaven Hall, Cnr Cleeland Street & Fowler Grove, Newhaven (Just over the bridge from San Remo). Just 1½ hours from Melbourne. Beautiful beaches nearby.

COST: \$205 or \$135 (concession)

Bring food to share for lunch each day - kitchen on site, supermarket nearby.

Variety of accommodation options from \$30

Tony Norquay, M.A.; Diploma in Dance Therapy with Dr Marcia Leventhal and trained with Anna Halprin at the Tamalpa Institute of San Francisco Dancers, Grad Dip Movement & Dance, Grad Cert Dance Therapy, is your guide for the weekend. He has studied, taught and worked with movement and dance for creative and personal development for many years with a wide range of people. He is particularly interested in simple yet profound ways for participants to find their own dance and source of inspiration.

The way of working is accessible for those new to this medium, yet offers fresh stimulus for the experienced. **For further information phone Tony: (03) 5678 5525; M. 0418 134 709 or Email:**

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

### **Saturday January 22, 2011**

#### **Free Tasters of Persian dance and Fan dance**

at Watsonia Neighbourhood house. Fan Dance is from 1 to 2pm, and Persian dance from 2 to 3 pm.

**Contact Marina Bistrin on 0438 580 889, or 9444 8212**

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

### **Wednesday 26th January to Sunday 30th January 2011**

#### **Embodied Bellydance™ Summer Intensive**

10 am to 4 pm daily

Join Maria in the idyllic surrounds of her urban retreat for a five day introduction to Embodied Bellydance™. Soak up the sun by the pool and sauna and treat yourself to some Heart Centred Massage. Bed and breakfast available (day enrolments welcome, conditions apply)

At the Inner Movement Centre, 32 Lower Heidelberg Rd, Ivanhoe

Download Embodied Bellydance™ Summer Intensive course outline

Cost: \$500 – 5 Days.

**See Embodied Bellydance™ <http://www.dancingisis.com> or call Maria 0419 523 710**

### **Begins February 2011**

#### **Anatomy in Movement level 1.**

For movers who want to understand what's happening in movement, Meran Cassidy will draw on the story of evolution in the discovery of the bones, muscles and joints inside us. We will feel, touch, embody; on the skeleton, on ourselves, 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 our own 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

Dates: 5 Feb, 19 Feb, 5 Mar, 19 Mar 2011

Cost: \$270 by 22 Jan (or \$310 by first class) \* \$50 discount for Ausdance, DTAA and Cecil St members

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)**

### **Begins February 2011 - 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 12th March until Monday 14th March**

#### **MOVING FROM THE INSIDE**

A Performance Lab with Hoffman Soto

10 – 5 each day at St John's Uniting Church Hall

567 Glenhuntly Rd, Elsternwick - Cost: F \$295 C \$250

This three day movement based workshop is for those who have a desire to improvise, express and create with others. Soto will guide us in movement awareness practices that will deepen our connection to our bodies. Anchored in our physicality, we will use movement, to give form to our personal stories and myths and to gain personal insight and develop ourselves as artists and human beings. The workshop is open to all, with or without previous movement/art experience.

Soto, master teacher and international presenter of improvised movement theatre and somatic therapies, based at the

Tamalpa Institute in San Francisco, brings over 40 years experience in teaching, performing and studying movement arts, including several martial arts, Post Modern, African and Brazilian dance, Japanese Butoh and body work.

**For information contact Viv**

**9531 3125 or 0449 164 040; [vivneale@optusnet.com.au](mailto:vivneale@optusnet.com.au)**

**Saturday February 19 and Saturday March 19 from 1-5pm**

**'Meeting the breath': half-day workshops**

These 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. These workshops are now conducted on the basis of 'pay as you feel'. There is a container for payments and receipts available.

At the Body Voice Centre, 50 Wolverhampton St, Footscray.

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

**See also under Saturdays Body Voice workshops.**

**March 17 (Introductory Course), 18 – 20, 2011 Summer Conference**

**EMPATHINK Association for Psychoanalytic Self Psychology.**

At St Hilda's College 19 - 25 College Crescent, Parkville, Melbourne 3052

The Introductory course provides a discussion and clinical examples of the Five Postulates of Kohut's Self Psychology (Empathy, Self Object Experience, Self-organizing, Affect/Feeling, and Structuralization).

The Summer Conference features an International speaker, Dr. James Fosshage, who in addition to his conference presentations, is also offering a public lecture titled: "the Organizing Functions of Dreams" (Saturday March 19, 4 to 6:15pm).

Of particular interest to Dance Therapists, two DTAA professional members, Maeve Larkin and Sandra Lauffenburger, will be co-presenting on their work using Self Psychology and Movement with Autism.

**Contact Margaret Lee 03 59976175**

**Email: [margmlee@bigpond.com](mailto:margmlee@bigpond.com) or website: [empathink.weebly.com/conference.html](http://empathink.weebly.com/conference.html)**

**Monday March 21 at 7pm and Tuesday 22 March 2011 all day**

**Catherine Fitzmaurice in Australia**

This is the only chance to work with this internationally renowned voice and breath practitioner in Melbourne during her Australian workshop tour

At the Body Voice Centre Monday evening, there is a forum at 7pm, where Catherine will speak about her work.

Tremor into Action is a one day workshop on Tuesday 22

Catherine Fitzmaurice is an internationally renowned voice and breath practitioner.

Fitzmaurice Voicework® is a comprehensive approach to voice training that can include, as needed, work on breathing, resonance, speech, dialects, impromptu speaking, text, singing, and voice with movement. The work is taught widely at schools of drama and theatre training internationally. And aspects of it have been incorporated by clinicians into the rehabilitation of injured or dysfunctional voices, and used in the corporate and professional worlds as aids to effective speaking. It explores the dynamics between body, breath, voice, the imagination, language, and presence.

**Body Voice Centre, 50 Wolverhampton St, Footscray, Vic 3011. Contact John Howard**

**[info@bodyvoice.com.au](mailto:info@bodyvoice.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 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)**

**Creative Arts Therapy 6 Week Groups**

**MIECAT, 17 Victoria Street, Fitzroy**

Weekly groups are an opportunity to explore a wide variety of Creative Arts Therapy processes in order to open up and reinvigorate inspiration, personal growth and self awareness. Groups are small and consistent, to create an intimate and supportive environment. Modalities such as drawing, painting, writing, clay, collage, movement, body awareness, symbols and more are used to explore authentic expression, and access new insights and understanding. Groups are suitable for anyone seeking time out each week 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! No previous arts experience required.

**For Enquiries contact Jennifer on 0417 562 024, or [jenniferberlingieri@gmail.com](mailto:jenniferberlingieri@gmail.com) or go to <http://creativeartstherapy.com.au> Private sessions are also available.**

### **Volunteer Opportunities**

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

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

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

2. Special Needs Teens - Creative Moves

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

**Tiana can be contacted on: Email: [tianamoves@hotmail.com](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:atannes@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.lietocreativedance.com.au](http://www.lietocreativedance.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](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 is teaching** a series of 8 x 2hr workshops from the Middle-East, Gypsies and Silk-Road during term 1, 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

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 1st**

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 promote 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)**

#### **Traditional Egyptian Dance - Embodied Bellydance**

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

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

#### **Thursday**

#### **Multicultural Fan dance, Persian Dance** at Watsonia Neighbourhood House

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

**Contact Marina Bistrin on 0438 580 889, ah 9444 8212 Email: [marinabistrin@optusnet.com.au](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.

Shine restarting on January 28th 2011

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

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

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

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

#### **SensingFeelingDancing the Chakras** -7.30 – 10 pm

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

Inner Movement Centre, 32 Lower Heidelberg Rd, Ivanhoe

**Contact Maria for information on 0419 523 710 or go to: [www.dancingisis.com](http://www.dancingisis.com)**

#### **Saturdays**

#### **Body Voice Centre**

‘Meeting the breath’: half-day workshops

Next workshop Saturday February 19 and then Saturday March 19, from 1-5pm

**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**

**August 24-28, 2011**

#### **Abstract Submissions now open**

#### **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)**

Please note that the deadline for the submission of abstracts is Thursday 24 February 2011.

#### **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)**

### **NSW - Ongoing Classes**

#### **Mondays**

**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)**

### **Fridays**

#### **Fridays 6.30 - 9pm in Rozelle**

##### **Authentic Movement**

A gentle, mindful, body centred approach to self discovery.

"hard to describe but extraordinary to experience" (Tim Brown, UK)

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 - 11am

Yumi Schaefer - Life Wellness Network

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

At Guide Hall 159 Waldron Rd, Chester Hill. Offered by Chester Hill Neighbourhood Centre Bookings: **Amy 9645-3700 or contact Yumi - Wellness Lifestyle Coaching, Pilates, Dance Therapy See:**

**[www.wellnessnetwork.com.au](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

### **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

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