

Lifedance - Facilitated by Sara Boas

This full day workshop introduced 'Lifedance', as Trade Marked by Sara Boas, into Australia for the first time. It was a really exciting day that produced deep reflections from some attendees. Lyn Masters sent us this excellent synopsis of the day's activity, which we are using to introduce two indepth reflections. One from Anjali Sendjupta, a new writer to Moving On, followed by a heartfelt poem from Michelle Royal.

A Reflection on Lifedance

Lyn Masters



Lyn Masters with Jo Lin and Maeve Larkin

therapists tend to have an affinity with the water element, and often, like a stream benefit from having some solid, earthly banks.

Some question and answer time provided some further insight into Sara's work in institutional and corporate areas. This was challenging for a number of the participants. Not having the movement repertoire of dance therapists, clients are given much more structured experientials - pending many factors of the situation, such as fitness levels.

The session closed with a dance of integration, where we worked again with the elements, and created a power symbol to take away and revisit our question. The depth of the experience left one thirsting for more, which may be possible as Sara intends revisiting our shores.

Sara Boas led us in a journey that gave us a glimpse into her Lifedance™ creation - a process she has developed over 25 years, and used with a vast array of clients. These range from community centres, political leaders, multinational organizations and the general public. Jos Butte supported the dance with his intuitive application of drumming and world music. Having a live musician provided a simple backdrop that felt very appropriate and responsive to each moment.

There was a strong sense of being 'held' through the whole day, where even for the water breaks, some people were required to stay to hold the 'space'. We brought to the day a question on our development as dance therapists, and found the answer revealed in a response with the primal connection to the elements.

A thread of simplicity connected the process, as we explored the elements of earth, air, fire and water. We learnt that as a population, dance



Holding the space

Lyn Masters: DMT, Feldenkrais Practitioner and Physiotherapist, has worked with a wide range of clients, including women's groups, the elderly, chronic pain and with children. A recent pilot study of dmt with the elderly she ran demonstrated a reduction in the Cornell Depression score and improvements in joint range and mobility.