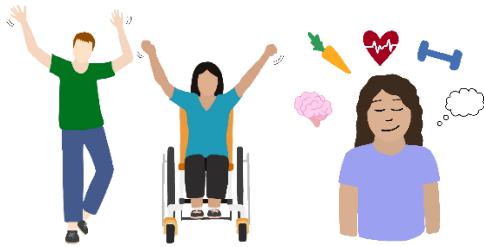


Easy Read Flyer: Dance and Movement Therapy



What is it?

A way to work on your health and wellbeing using dance.



Who is it for?

Anyone who is interested.

Children and adults.

People with lots of dance experience, people with no dance experience.



What do you do in a Dance Movement Therapy session?

Move and dance.

Listen and dance to music.

Practice new movement skills.

Learn about your body.

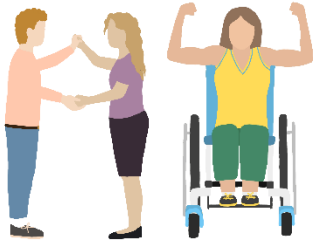
Share your feelings and experiences in a safe place.

Express yourself creatively.



Who do you dance with?

You can choose to dance on your own with a therapist, or in a group.



How can Dance Movement Therapy help me?

Dance Movement Therapy can help you with:

Getting on with other people.

Fitness.

Learning about your body.

Using movement to practice feeling calm and relaxed.



How can I find a Dance Movement Therapist?

You can visit the DTAA website at www.dtaa.org.au

Can I use my NDIS money to do Dance Movement Therapy?

If you are Self-Managed you can.

You can if your Dance Movement Therapist works in an organization that is registered with the NDIS.

