

"Let Your Body Do the Talking"

Dance Movement Therapy-Certificate Course



organized by

Expressions India



Dance is a type of art that generally involves rhythmic movement of the body. It is performed as a form of emotional expression, social interaction or exercise, in a spiritual or performance setting and is sometimes used to express ideas or tell a story. While our culture may have come late to the therapeutic possibilities of dance, we are not surprised by its growing role.

Dance therapy is the psychotherapeutic use of dance for emotional, cognitive, social, physical & behavioral conditions. It assumes that movement & emotion are directly related. This enlightening workshop on dance therapy will focus on use of dance and movement in helping the mind, body and the soul integrate and in the process not only come closer to our being but also learn ways to manage and rectify the physiological, psychological as well as the emotional challenges.

Attention

Join this Crucial Dialogue & Hands On Training
Conducted by Renowned Experts

- ☞ Let Your Body Do The Talking
- ☞ Therapeutic Effects of Dance
- ☞ Relaxation Exercises
- ☞ Mindful Walking
- ☞ Are you Grounded?
- ☞ Know your Energy Points
- ☞ Knowing the New 'YOU'



Teachers, Counselors, Doctors, Nursing Professionals, Corporate Trainers
Should participate

Date: Saturday, 26th September 2015

Time: 09:00 am - 01:00 pm
(registration 8:30am onwards)

Venue: Auditorium, Moolchand Medcity,
Lajpat Nagar, New Delhi - 110024

Charges: Rs. 1000 per participant

Please Note

- ☞ Registration includes basic stationery, handouts & the Participation Course Certificate. Payment can be made on the spot by Cash or Cheque/DD in favor of 'Expressions India'.
- ☞ Kindly email the duly filled registration form latest by 25th Sep 2015 on - contactexpressions.india@gmail.com
- ☞ For any clarification you may please contact us at 011-64594939/ 64700117.
- ☞ Visit our website www.expressionsindia.org.

