

DANCE MOVEMENT THERAPY - A WORKSHOP FOR PERSONAL & PROFESSIONAL EFFECTIVENESS

(April 17-18, 2017)

17.04.17

DAY 1

10.00 to 10.30 - Clap Introduction and expectations

10.30 to 11.00 - Warm up - Painting the space

11.00 to 12.00 - (Body awareness beyond basic functionality, exploring the mind body connection)

Balloon - Individual, Partner, Four, Eight, Group
Playing with the balloon
Sharing

12.00 to 12.15 - Tea break

12.15 to 1.30 - (Normalising and experiencing feelings)

Walking with imagery,
Dupatta, natural elements and feelings
Sharing

1.30 to 2.30 - Lunch break

2.30 to 3.30 - (To identify daily chores and to become aware of what participants like and dislike about them)

Daily activity - Individual,
Likes and Dislikes,
Non-judgemental listening
Group dance

3.30 to 3.45 - Tea break

3.45 to 4.30 - (To identify a favourite body part and begin developing a positive self image)

Dancing with different body parts
Choosing favourite body part

Developing own movement
Sharing it in the circle

4.30 to 5.30 - (Relaxation)
Body parts gratitude
Sharing

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DAY 2

10.00 to 10.30 - Cloth warm-up

10.30 to 11.00 - (To increase focus and balance)

Balance - Individual
Partner, Four and Group

11.30 to 11.45 - Tea - break

11.45 to 12.15 - (Expressing emotions through sound and moving from one emotion to the other)

Movement choir

12.15 to 1.00 - (Express emotion through sound)
Gibberish

1.00 to 2.00 - Lunch

2.00 to 3.00 - Cloth

3.00 to 3.30 - Group dance with cloth

3.30 to 3.45 - Tea break

3.45 to 4.15 - Personal strengths

4.15 to 5.30 - Relaxation
Ice-cream
Sharing