



**Starting
Monday 13th
January**

NEW Dance Movement Psychotherapy Group

Every Monday 12.30-13.30

Fed up with talking? Come and move!

What is it?

- Creating and sharing a safe space in a group
- Focussing on developing a connection with others
- Finding a way to express yourself through creativity and movement
- Learning to better trust your body and understand your emotions

What happens in a session?

- We use props and music
- We use creative movement for self-expression
- We talk and reflect about common themes that arise from the group

Who can join?

- Everyone!
- No previous dance experience needed
- No mobility requirements

Bracknell Open
Learning Centre,
Rectory Lane,
Bracknell RG12 7GR

