

Dance Movement Therapy: Embodying the Creative Source (all levels)

Instructor: Alexis Reale

Date/Time: Thursday, July 13, 10-11:30am

Location: Bugbee Senior Center

Description: This workshop combines the power of dance, self-expression, and experiential learning to promote physical and emotional well being. Through improvisational movement, participants will explore their thoughts, feelings, emotions and experiences in a non-judgmental atmosphere. Designed to promote a deeper connection with self and others through movement, participants will be guided through a series of individual and group movement exercises and will have the opportunity to reflect on their experience using verbal discussion, artistic and/or written expression. Participants will be introduced to a variety of approaches drawn from dance/movement therapy and Barbara Mettler's Creative Dance work. Join us to discover change and healing, deepen the mind/body connection, and to embody new creative movement interventions. This workshop is suitable for people of all abilities.

Bio: Alexis Reale, LCMHCA, MA, R-DMT, is a lifelong dancer born and raised in Meredith, NH. Alexis has extensive experience in both professional dance performance and teaching, in settings such as retirement homes, conferences, retreats, and university settings. Alexis is a graduate of Lesley University's Master of Arts program in dance/movement therapy and clinical mental health counseling. Alexis now works as a dance/movement therapist for Odyssey Behavioral Health and HCA Hospitals with psychiatric populations, as well as in various retirement homes throughout the Lakes Region. Alexis truly believes that anyone can dance, and strives to help others access the transformation that can result from this embodied work.