

## TJDF 2024 WORKSHOP ARTIST

**Alexis Reale - July 18, 10:00-11:00am at The Bugbee Center**

### Chair Dance Therapy

Discover Chair Dance Therapy, where improvisational movements foster self-expression in a supportive environment. Join us to deepen your mind-body connection, promote well-being, and explore creative movement interventions. This workshop is suitable for individuals of all experience levels and abilities. (All Ages)

Alexis is a lifelong dancer, counselor and dance/movement therapist with over 30 years of dance experience. Alexis believes that dance serves as a universal avenue for self-expression and joy and welcomes individuals of all backgrounds to partake in this enriching art form. Alexis holds a dual master's degree in Clinical Mental Health Counseling and Dance/Movement Therapy from Lesley University and is passionate about instilling a love for dance in individuals of varying ages and abilities.



Photo by Andreia Claro