



*hey there!*

Unleash your inner artist on a 5-day Creative Movement Therapy Retreat!

Connect mind and body, express yourself freely through movement and art, and discover the joy of self-care; to leave feeling refreshed, inspired, and empowered.



## Dance Movement Therapy

*By*

PAHADO SE

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OLD MANALI,  
HIMACHAL PRADESH



26th November  
to  
30th November





The Mentor:

AKANKSHA  
BHAGIA

Akanksha holds a diploma in Dance Movement Therapy (DMT) from Tata Institute of Social Sciences (TISS), Mumbai. She has interned as a DMT facilitator at Balaji Health Care Institute, Vasind, focusing on the physical and mental wellness of senior citizens. Along with facilitating elders, she has also worked with children with special needs at the Little Hearts Learning Center, Chembur, where she conducted sessions for underprivileged children and individuals with typical neurotic profiles.

## INCLUSIONS:

Day 1: lunch and Dinner

Day 2 to Day 4: Breakfast, Lunch & Dinner.

Day 5: Breakfast.

All meals will be Simple Veg meals. Stay in Old Manali during the retreat.(Stay on double sharing basis)

Mentoring during retreat

Two online sessions before retreat.

## PRICE:

STARTS FROM 21,500/-

## EXCLUSIONS:

Anything that is not mentioned above

Party beverages

Personal medicines

Pick up and drop journey.

Insurance

Any kind of personal expenses

Yoga mat



## DAY 1

- Opening movement session
- Introduction to DMT
- Setting of ground rules

## DAY 2

### Morning session

- Understanding body and mind connection and how it effects the mood and emotion.
- Creating body awareness
- Expanding body movement.

### Evening session

- Rhythm circle and culminating the day with reflection and sharing

## DAY 3

### Morning session

- Expanding body movement and working on the concept of "self" in the context of our daily lives through art and movement.

### Evening session

- Movement tableau and reflection



## DAY 4

### Morning session

- Group Activity
- Experiencing and creating self care techniques of DMT for oneself

### Evening session

- Body tapping and rhythm circle
- And sharing insights of the sessions



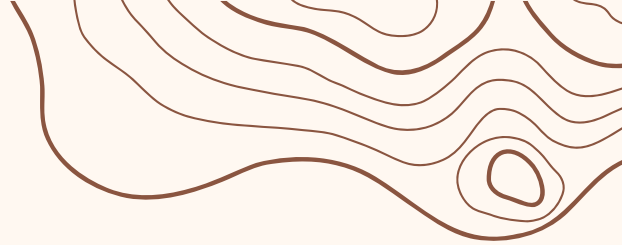
## DAY 5

- Group Activity
- Culminating the session with closing movement and expressing gratitude through art and movement





- Dance Movement Therapy, or DMT, is a unique form of therapy that uses movement and dance to foster healing and personal growth. It recognizes the powerful connection between our bodies and our emotions, allowing us to express ourselves in ways words sometimes can't.



- Through DMT, you can:
  - Explore the \*link\* between your mind and body\*
  - \*Express\* emotions non-verbally
  - \*Discover\* yourself through creative movement
  - \*Feel\* safe and supported in a therapeutic environment
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- DMT has been known to be beneficial for a variety of challenges including:
  - Emotional difficulties like depression or anxiety
  - Physical chronic pains
  - Developmental challenges like Autism or ADHD
  - Personal growth and self-discovery

If you're looking for a way to improve your emotional well-being and express yourself more freely, DMT might be a valuable tool for you.

