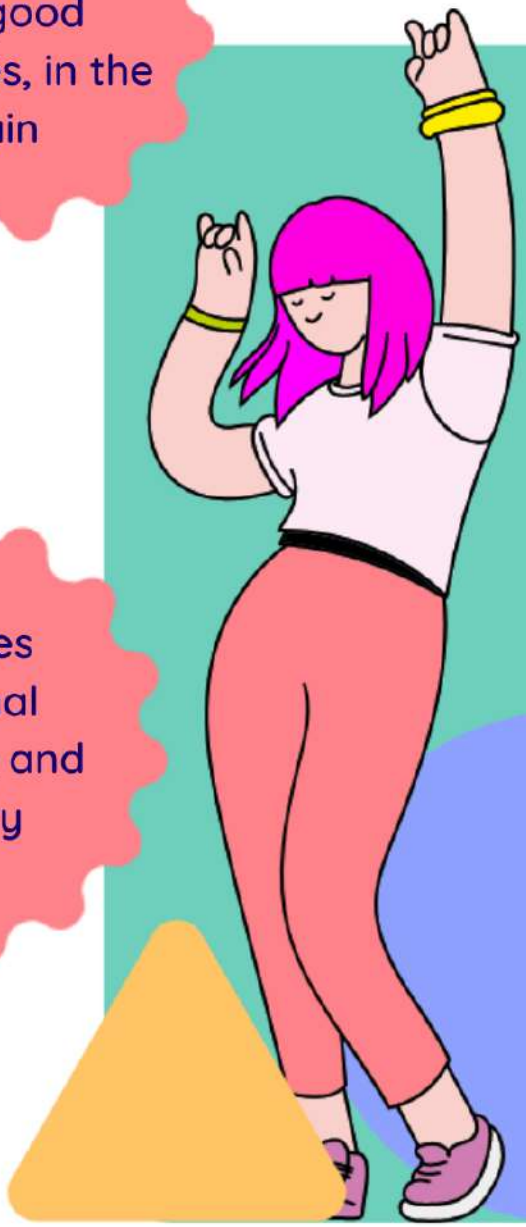
Benefits of Dance and Movement Therapy (DMT)

Getting your body moving to music is a fun way to stimulate your vagus nerve and connect the mind and body. DMT is a way we can express and release our emotional energy through movement. Here are some ways DMT is useful:

boosts endorphins, our feel-good hormones, in the brain

improves body awareness and sensory integration



enhances emotional regulation and memory

increases self-esteem and creativity

Try Out These Simple DMT Exercises

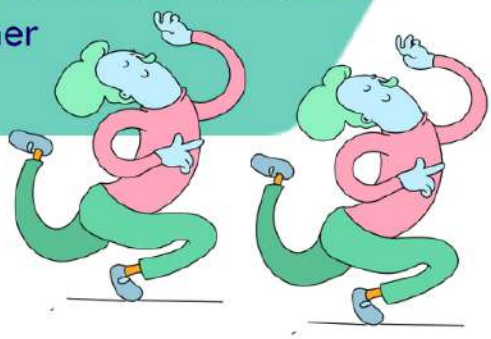
Embody a Character

- Choose a character from a book, movie, or play.
- Embody that character through movement



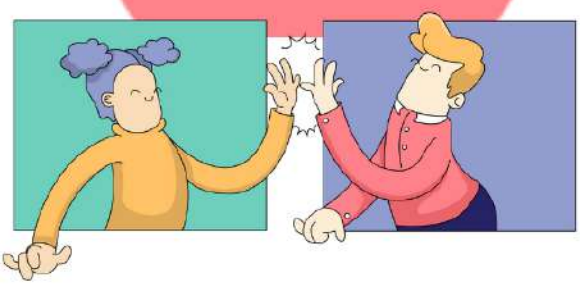
Walk in Pairs

- Partner up and walk side by side while listening to music
- Partners must try synchronise their steps with the music and each other



Movement Mirroring

- Partners face one another and take turns to mirror their movements.
- Try create a sense of connection and flow of movement



Group Circle Dance

- Form a circle and begin dancing together to the beat of a song
- After a few minutes, ask the group to synchronise their movements

