

Physical Benefits

Cardiovascular conditioning, reduced blood pressure, improves: core strength, balance, coordination and alignment, muscle tone, increases: bone density, flexibility, agility and mobility.

Emotional benefits:

Improves: depression, psychological stress and anxiety, endorphins production, self esteem, well being. Enhances awareness of personal needs and life balance and self discovery .

Mental Benefits:

Recent study showed the frequent dance/movement = 76% reduced risk of Alzheimer's disease and other forms of dementia, and increased the mental acuity of people of all ages. In short movement and dancing makes you smarter



To Wellness Through Movement

Class:

Mind-body Health/Fitness class - Release stress through movement. Gentle body conditioning warm-up & movement exercises, free form movement and physical meditation This class is for all abilities/experience levels.

Music:

A Diverse range of music. Mixes include: Uplifting global beats & funky tempos, winding down to slow soothing sounds to relax you (music requests taken). Inviting environment- ambient/ colourful therapeutic lighting and sensory resources

Social

Community friendly class welcoming all, irrespective of age, gender, ability and experience. 15-20 mins after class gathering (optional) to develop community connection links and opportunity.

Donna Fallowes - founder/director of Emerge™ | Emerge Arts™ | Emerge Outreach Programs™. Over 20yrs teaching experience, advanced level dance training I.S.T.D and R.A.D. Dance Lecturer | Workshop facilitator | Long term conscious dance and movement meditation practice, ongoing self development . For further information about Emerge™ classes /programs please visit www.emergecommunity.co.uk

For classes in Chichester contact Donna: 07838889187