



*Activate your Vitality
with
Anjali Sengupta*



MULTICULTURAL DANCE EXPERIENCE

Online Sessions Overview

AIMS:

- To engage participants in joyful expression using music, movement, props and instruments drawing inspiration from various cultures.
- To expand their movement vocabulary, increase range of motion, develop flexibility and strength and express emotional and psychological states through movement/ dance.
- To develop interpersonal skills and create a sense of community and connection between the participants.
- To encourage creative expression and promote physical, emotional, mental health and well being

SET UP:

- Large space without tables (or move them to the side).
- Please set up the chairs in a horse shoe shape facing the TV, placing them in a zig zag formation if there are physical distancing requirements.
- Please do not serve food/ refreshments during the session so that participants can focus their attention on engaging in the activities.
- Please ensure that a staff member is present who is comfortable moving and dancing with the residents.

SYSTEM REQUIREMENTS:

- Laptop
- Smart tv and appropriate cable to connect with the laptop
- Internet (Ethernet or Wifi- if your wifi signal is weak, I recommend getting a wifi booster/ extender to improve the strength of the connection).

PROPS:

- Scarves
- Musical instruments such as tambourines and maraccas
- Optional- Wooden spoons/ lengths of bamboo* (2 for each resident about 12-16 inches in length)
*these can be sourced from Bunnings/ \$2 shops as garden stakes which then need to be cut down to size. Alternatively if you are within Australia the bamboo sticks, scarves or instruments can be provided at an additional cost

STRUCTURE:

We begin with a short performance and then start the interactive part of the session which includes breathing exercises, a warm up, learning a dance, dancing with props and creative dance. All movements can be done seated.

If you have any further questions about the set up, what to expect during the session or for bookings, please contact Anjali on 0401 334 738 or info@embracingspirit.net.