

Hi there,

I'm Marielle, a French dance and movement therapist originally from Montpellier. I have been living in New Zealand for the last 13 years. However, I have kept my French accent and remain very French in various ways.

Starting this term, on the first Thursday (July 25th), I will be offering a 4-week cycle of movement sessions. These sessions will run from 4 pm to 5 pm for children and from 6 pm to 7 pm for adults.

How could you imagine a more amazing way to learn? This is an alternative way of learning. The body can better integrate information and words through movement and playful practice. Don't worry, this is not about dancing well—there is no right or wrong way. Just be yourself, move, and activate your body and mind.

### What are some of the benefits of these sessions?

- **Stress Relief and Relaxation:** Unwind, reduce stress, cultivate mindfulness, and boost self-esteem through rhythmic movements and focused breathing exercises.
- **Improve Physical Fitness:** Enhance coordination, strength, flexibility, cardiovascular health, and overall physical well-being through various exercises.
- **Emotional Regulation and Coping Skills:** Develop strategies for managing challenges and regulating emotions in healthy and constructive ways.
- **Cognitive Development:** Enhance spatial awareness, memory, cognitive flexibility, and creativity.
- **Fostering Social Connection:** Group sessions provide a supportive environment for students to connect with their peers, fostering a sense of belonging and camaraderie.
- **Improve Your Level of French:** Use a lot of French terminology in a playful, practical way.

### Who can participate?

Anyone who can move and is willing to learn more French in a playful way.

### Where to join/get more info?

**Contribution:** \$25 per session for members and \$30 for non-members.

For more information or bookings, don't hesitate to contact me at 021.02.85.78.99 or [marielle78star@outlook.com](mailto:marielle78star@outlook.com)

Space is limited! Reserve your spot now!