



Mood Moves

TRAINING

Opening the Door to Dance and Wellbeing



ESSENTIALS

A two-day practical introduction to using dance to support wellbeing.

We'll explore:

- ♥ The wellbeing benefits of Circle Dance
- ♥ Universal steps and choosing music
- ♥ Circle, Intuitive and Somatic Movement
- ♥ Creating safety for beginners and vulnerable participants
- ♥ Adapting Mood Moves to your own practice



You'll gain: practical tools and confidence to make dance accessible, enjoyable and emotionally supportive — including for people who don't think of themselves as dancers.

2 days · Zoom



DEEPENING THE PRACTICE

Dance as Medicine

A three-day exploration of how dance can support deeper emotional wellbeing.

We'll explore:

- ♥ Dance and depression, anxiety, grief and trauma
- ♥ Presence, self-regulation and co-regulation
- ♥ Responding when strong emotions arise
- ♥ Movement, choreography, voice, journaling and art
- ♥ Developing your own Mood Moves practice



You'll gain: deeper understanding, greater facilitation confidence and practical ways to integrate Mood Moves into your own work.

3 days · Zoom



Essentials required (or by discussion)

DATES AND COST

ESSENTIALS – 2 days



Sat 30 + Sun 31 January 2027

9.00 – 16.30 UK time

(suggested best hours for UK + Europe)

or



Sat 6 + 7 February 2027

15.00 – 22.30 UK time

(good for Brazil/Canada/Mexico/ USA)

DEEPENING THE PRACTICE – 3 days



Tues 2, Wed 3 + Thur 4 Feb 2027

9.00 – 16.30 UK time

(suggested best hours for UK + Europe)

or



Tues 9, Wed 10, Thu 11 Feb 2027

15.00 – 22.30 UK time

(good for Brazil/Canada/Mexico/ USA)



The course cost is £45 per day

Those taking both **Essentials** +
Deepening The Practice earn a discount
of £30 to reduce the total cost to **£195**



Places limited to 30.



Additional info on
www.moodmoves.co.uk



Apply to Stefan
dancewise321@gmail.com
specifying your preferred dates and
your main reason(s) for being interested.



Move together.
Heal together.
Grow together.