

Wednesday, January 24, 2018

Mindfulness and Dance/movement therapy

Company: simone Saiya

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Hi,
Greetings to the entire Dance NYC community!

My name is **Simone Saiya** and I'm a 2nd year graduate student studying **Dance/Movement Therapy** at Pratt Institute

I have designed a study combining Mindfulness and Dance/Movement Therapy to bring conscious awareness in ones daily life.

This unique study is based on two things: focusing inwards through mediation, finding answers to problems and using somatic experience to creatively express them through the body.

I am looking for participants for my study namely, normal functioning, **urban-dwelling** professionals/students. I have put together a curriculum for participants to undertake.

It is a month long study requiring **10-15 minutes of daily time + one hour of session time with me over the weekend**. On weekdays there are assigned activities to observe and journal about and on weekends we meet for an hour to meditate, indulge in mindfulness activities, do some dancing and discuss our weekly experiences.

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For the weekend sessions, the time and day will be decided by the group through mutual consent and taking into account everyone's schedule.

The weekend sessions will be held at **Pratt institute in the North Hall**.

Shootout to everyone who is interested to participate in this study.
 if you think you would be interested and need more information or have questions, please revert back on **Simone.saiya@gmail.com**

Looking forward for your participation.

Best...
Simone Saiya.

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The weekday activities aren't elaborate and will only take 10-15 minutes of your daily time and focus. I will only require one hour of your time for 4 weekend days (either Saturday or Sunday)

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For more information:
 simone saiya
simone.saiya@gmail.com
 3476664905