Body Awareness and Movement

Content:
The significance of movement and the body, body focused exercises with ourselves and with clients, movement with clients, community dance

Methods:
Exercises, theory, discussions, group-work

Competences and skills to be acquired:
The aim is to learn the importance of body awareness and movement for our wellbeing through the whole life cycle. The aim is also to learn to use body focused methods to enhance wellbeing, creativity and expression in people.

Prerequisites:
Interest, curiosity, comfortable clothes for moving around

Language of instruction: English

Recommended for: Social Studies