

## We offer

- standing group sessions
- seated group sessions
- private individual sessions.

The sessions are designed to cultivate neuroplasticity, using music and dance/movement to help with balance, gait, mobility, strengthening, building confidence and mental robustness.

Most of all it's about enjoying music, movement, and the feeling of being free. A place where you can express yourself, either by yourself, or with a loved one/support person, to enhance your quality of life.



## Dance Therapy

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