



Many Hands International
culture based community development

**Movement and dance
for health, well-being and peace**
Professional development workshop
Saturday 21- Sunday 22 July 2012, 9.30 - 4.30 pm
Training Room, Fundasaun Alola,
Rua Bispo de Medeiros, Mascarenhas, Dili



This workshop is for professionals who want to learn about how movement and dance can contribute to health, well-being and peace, for themselves and the communities with whom they work. These activities can assist with many concerns including trauma recovery, rehabilitation, peace-building and conflict resolution; and for children, young people and adults. The role of traditional dance in healing and well-being will also be explored.

Workshop participants will develop skills to assist themselves and their clients to:

- work through experiences of trauma
- improve communication and relationships
- experience healing and recovery
- enjoy self-expression, spontaneity, creativity

We invite you to participate if you want to learn more about promoting health and well-being through movement in your workplace. The workshop will be in English with Tetun translation.

Presenters: Australian dance-movement therapists Alex Jordan and Meredith Elton,
Co-facilitators: Kim Dunphy, Director of Many Hands International, an NGO working in Timor to promote cultural asset-based community development and experienced dance-movement therapist, community artist and educator, and dance student Erika Goldsmith.

REGISTRATION: This event is free, but places are limited. Please contact us to confirm your place by Friday 20 July:
Holly on 799 7661 or Kim on kim.dunphy@manyhands.org.au