

# MOVE *Dance* FEEL

IS COMING TO  
BRISTOL  
IN PARTNERSHIP  
WITH



**Penny Brohn UK**  
Living Well with Cancer

## Upcoming courses in 2020:

24-26 January

20-22 March

29-31 May

17-19 July

25-27 September

20-22 November

For further details contact, and  
to book:

[bookings@pennybrohn.org.uk](mailto:bookings@pennybrohn.org.uk)

0303 3000 118

[www.pennybrohn.org.uk](http://www.pennybrohn.org.uk)

The courses are 2.5 days in duration, taking place from **4.30pm on Friday until 4pm on Sunday**. You're invited to attend all six courses throughout the year, which will offer a sense of progression, or alternatively attend just one course.

These courses are **free to attend** and no prior dance experience is necessary. Please wear comfortable clothing you can move easily in.



*'It makes me feel the absolute joy of being alive.'* - Participant

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**ENHANCING  
WELLBEING**

through

PEER SUPPORT

ACCOMPLISHMENT

POSITIVE EMOTION

CREATIVITY & SELF-EXPRESSION

**Move Dance Feel** is a creative project for women affected by cancer, including those caring for someone with cancer, designed to offer **holistic support and enhance wellbeing**.

It uses dance as a medium for **social cohesion** and helps women to **reconnect with the body** after treatment.

*'I come feeling tired and I leave feeling like I have more energy.'* - Participant

We offer dance and movement sessions to **adult women with any type of cancer**, at any stage in their cancer experience - having just been diagnosed, undergoing treatment, or post-treatment. Participants are welcome to bring along a female **friend or family member**.

**Move Dance Feel** employs an inclusive and **person-centred approach** to facilitation where the dancing builds in response to the needs and abilities of the group, incorporating plenty of time for rest.

Throughout the weekend we'll move, talk, dance, explore and eat together - sharing meals at Penny Brohn UK, where accommodation is also provided.

The courses will combine dynamic and creative movement activities with **playful** opportunities for interaction and quiet reflection.

There is a particular focus on the **physicality of dance, artistic exploration and creative collaboration**.

*'It's a psychological game-changer to come here.'* - Participant

*'This is a mix of connecting with myself, others, mind and body, a sense of some tightness unbinding.'* - Participant



  @MoveDanceFeel

 [movedancefeel@gmail.com](mailto:movedancefeel@gmail.com)



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