

# 2Just DANCE<sup>©</sup>

A Mindful Existence in Motion  
For a creative path to wellbeing



## 2Just DANCE (Dancing Mindfulness in Motion<sup>©</sup>) CLASSES

A Mindful Existence in Motion: To a creative path to wellbeing

Experience and create your expression of dance/movement through your breath and heartbeat, with fun music of all genres, to help you express your feelings, your dance, your way.

Classes are available for Children (KS2 upwards) and Adults

No experience required



[www.2justbe.com](http://www.2justbe.com)



## 2Just DANCE CLASSES: Dancing Mindfulness in Motion©

A Mindful Existence in Motion: To a creative path to wellbeing

Dance and its positive benefits to improve mood, reducing stress and anxiety is common knowledge. 2Just DANCE classes are Dancing Mindfulness in Motion©, that offer all of the above, and include the fundamentals of mindfulness practice, music and dance, combined with NLP, helping individuals through their emotional journeys, cultivated through creativity, empowering them with coping strategies 'beyond the class.'

**ABOUT THE TEACHER -** Geeta Pendaer, is an experienced Choreographer, Trainer, Teacher in 'Arts in Education,' NLP Practitioner, Reiki Master and UK's first Dancing Mindfulness Facilitator, Consultant and Educator in Clinical and Community Settings, and has in excess of 30 years' experience in arts in education, music and dance.

**WHO IS IT FOR...???** All children from KS2 upwards, parents, carers and adults.

**WHAT IS IT...???** The classes are 'Dancing Mindfulness in Motion©,' that uses the fundamentals of mindfulness practice, music and dance, combined with NLP. They are designed for everyone looking to manage their feelings and emotions, who are on a self-healing journey, seeking their 'own' coping strategies to manage any triggers, anxieties or trauma, to empower a happier, healthier and enjoyable life.

**WHAT YOU NEED...???** Loose comfortable clothing, including footwear, feel free to dance barefoot. Bring yoga mats for floor work, if required. Each session will start with 15 minutes to identify your emotional journey using the 'My Heart Matters' book. This is optional to buy at a discounted rate and is used as a tool for the individuals to visually measure their own emotional journey, with a review every 6 weeks. No dance experience is needed, just an open mind, to be yourself, for 'YOU' and only you.

**WHEN AND WHERE...???** Classes will run on a weekly basis (Date and Venue to be advised). 3 x 1 hour classes for up to 20 persons at the following times (subject to numbers):

**Children** – 3:30pm – 4:30pm and 5:00pm – 6:00pm

**Adults** – 6:30pm – 7:30pm

**HOW MUCH...???** **Children** (KS2 upwards) - £8.50ph **Adults** - £10.00  
**OPTIONAL:** Discounted My Heart Matters Books Available [here](#)

Classes are be booked in blocks of 12 weeks - [BOOK HERE](#)

For children - [Please pay here](#)

For Adults – [Please pay here](#)

**FOR MORE DETAILS - E: [geeta@2justbe.com](mailto:geeta@2justbe.com) | T: 07492 113012**

