A 2-Day Introductory Course in

**SHERBORNE DEVELOPMENTAL MOVEMENT**

Sessions 1-2 **Monday 12th June and 3-4 Monday 26th June 2023**

* Experience Sherborne Developmental Movement for yourself – individually

and through working with others.

* Explore how to nurture Physical Literacy in yourself and in others.
* Gain an experiential understanding of how movement play can be used to build pupils’, students’ and clients’ communication skills and support them to develop strong, confident, and resilient bodies.

**10am - 4pm**. Registration from 9.45am

**£300 for all 4 sessions** Contact us for concessions.

**The Dance Studio, The Point Eastleigh**,

Leigh Road, Eastleigh, Southampton, SO50 9DE

**Who is this course for?**

Anyone wanting to experience the fundamentals of movement with a view to use this knowledge to support others’ developmental movement experiences.

**Course Leaders:**

**Louisa White** IQCL, BA Hons, RSMT & **Caroline Robins** IQCL, B Ed, NPQML

Please wear comfortable clothes that you can easily move on the floor in. Come prepared to work in bare feet and sometimes in close proximity with others, though always within your own comfort zone. The course will include both theory and practical sessions. There will be books and DVDs available for purchase on the day and to order for delivery. Please bring a refillable water bottle, snacks and your own lunch.

Further details and booking forms can be obtained from:

[caroline.robins@sherbornemovementuk.org](mailto:caroline.robins@sherbornemovementuk.org) 07808 903021

www.sherbornemovementuk.org