



Moves in Rhythm - Movement and Meditation Programs

Intended Audience

All members including people living with cancer, family members and significant caregivers.

Program Description

This program enhances mind-body connection by uniquely blending stretching and flexing with cardio, weight training, dance, and meditation. Moves are gentle and creative with an invigorating effect. The goal is to instill a sense of wholeness, an internal balance forged with music and rhythm and elevated with meditation to create peace and harmony within.

Benefits and Impact

Participants will find this class a place of joy and rejuvenation. Strength and conditioning are achieved through a series of coordinated movements, designed to release tension, build strength and restore the body to its natural state of wellness. Music and dance stimulate the body, stir the soul, and lift the spirit. Serenity comes with meditation, where breathing is turned inward and thought silenced.

What to Expect at a Session

Prepare to tap into the healing energy of your soul and dance your way to strength, balance and renewed hope. Sessions are as strenuous as they are calming, both critical elements in the quest for vitality. While fitness is the inevitable outcome of this program, it is a higher sense of wholeness and well-being that is most enriching.

- basic mobility and balance
- comfortable clothing
- for non-dancers too
- PAR-Q+ / PARmedX form required (download from website)

Participant Comments

"I loved learning to dance. Movements helped my body – relieved shoulder and neck pain, and improved clarity and memory."

"This program made my whole body feel better – healthier."

"It would be difficult to find a program of this quality elsewhere. It was very valuable to my overall wellness and was also inspiring, like it was designed especially for me."

What the Research Says:

A dance movement program that addressed the physical and emotional needs of women following treatment for breast cancer substantially improved a breast cancer-specific quality-of-life measure (Sandel S.L., Judge J.O., Landry N., Faria L., Ouellete R., Majczak M. 2005. Dance and movement program improves quality-of-life measures in breast cancer survivors. *Cancer Nursing* 28(4): 301-9).

Program Frequency:

1 hour per week
16 weeks per program
2 programs per session
 Winter, spring/summer, fall

Optimum Class Size: 16

Related Programs:

Exercise and Educate
 Healthy Steps™
 Tango

