



Magic Carpet

MAGICAL
MOVEMENT
& DANCE

STILLNESS
MOVEMENT
DANCE
RELAXING
UPLIFTING
ENERGIZING
FLEXIBILITY
FUN
RHYTHM
PLAY
FULLNESS
ENERGY
FUN
FLEXIBILITY
TRILLITY
UPLIFTING
CALMING
DANCE
MOVEMENT

A movement and dance group running every Tuesday afternoon at Exeter Phoenix

The aims of the group are:

- ❖ **to release your natural creativity and sense of play;**
- ❖ **to help build greater confidence and self esteem personally and in relation to others;**
- ❖ **to find routes into mainstream movement/dance activities in the community.**

The project is suitable for people with mental health issues.

Sessions begin with gentle stretching and warm-up exercises to relieve tension, quiet the thinking mind and bring awareness into the body; we use a variety of movement games and explorations and work with dances such as 5 Rhythms and circle dance. We use other art forms such as drawing and music from time to time.

If you are interested in joining this group, contact Denis on denis.magiccarpet@googlemail.com, leave him a message on 01392 422938 or email info@magiccarpet-arts.co.uk

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