

dancePRAISE

A Christ-centred yoga - dance program

What is dancePRAISE?

DancePRAISE® is a program which integrates strengthening postures, expressive sign-language and movement. These postures and movements techniques are creatively integrated into dance-type sequences in which children cooperate and interact socially. It develops self- and other awareness giving a frame of reference for teamwork and integration.

DancePRAISE® was developed with the intention of improving core muscle strength for children, whilst improving expression and synchronisation; and has the added benefit of increasing emotional well-being through music and movement. DancePRAISE® is a great way to get your child to become enthusiastically involved in non-competitive and creative dance, which stimulates both the vestibular and proprioceptive systems, whilst addressing emotional well-being. The creativity will assist your child in stress-reducing activity. DancePRAISE® is excellent for assisting young children in stress-reduction from the demands of modern-day schooling. Its focus on creativity and expression forms a connection to the emotions that are not always easily expressed:

PHYSICAL:

- ◆ Develops body awareness and flexibility
- ◆ Builds balance and co-ordination, and special awareness in movement
- ◆ Relieves stress and provides a sense of general well-being
- ◆ Promotes overall good health
- ◆ Assists with the performance of movement activities

MENTAL:

- ◆ Stimulates the imagination, empathy and creativity
- ◆ Builds self-esteem and confidence
- ◆ Increases creativity and concentration
- ◆ Develops mental balance and awareness
- ◆ Improves performance in all areas of life, including school



EMOTIONAL:

- ◆ Promotes self-awareness and compassion
- ◆ Develops a sense of connection with others and the natural environment
- ◆ Teaches one to honour oneself, others and all living things
- ◆ Builds discipline and passion for learning
- ◆ Teaches children to be gentle with themselves and others
- ◆ Promotes self-confidence

If you are interested in joining dancePRAISE® for an extra-mural or children's group please contact Lauren Holton on fitpraise@gmail.com

R600 per term for 30mins of dancePRAISE® fun each week. Each child will have access items to enhance dance. There is a min of 3 and a max of 15 students per session.