

The Dance of Mindfulness



Cultivate Mindfulness with movement improvisation and non-verbal communication

Most traditional mindfulness meditations are done in stillness. Since stillness and movement are opposite-sides of the same 'coin', when we bring movement to the mindfulness approach and mindfulness to Dance & Movement, we deepen, expand and enrich the value and experience of both practices.

Through mindfulness meditations and movement explorations you will connect with your authentic self and with the participants of the class. The deep listening to the body and to others yields improvisational movements – creating the dance of mindfulness.

The course is based on integration of elements from mindfulness meditations, MBSR (Mindfulness-Based Stress Reduction) and Interpersonal Mindfulness programs, Mettler approach to free dance improvisation and Authentic Movement.

Come and learn how to be present, embody your experiences and expression and cultivate compassion for yourself and others.

No previous experience in dance or mindfulness is needed.

Course Information

Cost: \$79 tuition

Date/Time: Tuesdays, May 5 – June 9
7:00pm – 8:50pm

Location: PCC Cascade Campus, CH 304
705 N Killingsworth St, Portland, 97217

Instructor: Yael Schweitzer

Register: Use CRN 27401 to register.

Yael Schweitzer, LCSW, BC-DMT has 30 years of experience as a therapist, currently providing Mindfulness-Based Therapy and movement Therapy in her private practice.

Yael trains therapists and healthcare professionals on implementing Mindfulness in Therapy and on Mindfulness in Movement and she teaches the psycho-educational Interpersonal-Mindfulness program.

Since 2005, Yael has been leading an ongoing weekly Mettler-Based Creative Dance group. She presented in several IACD (International Association for Creative Dance) congresses and ADTA (American Dance Therapy association) conferences. Yael served on the Steering committee of CATA (Creative Arts Therapists Association) and currently she serves on the IACD Board of Directors.

For more information and to register:

971-722-6266 | www.pcc.edu/communityed



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