

Newsletter release
London, 28 October 2016

Dancing Wellness – the role of dance in lifelong healthy living
Friday 2 December & Saturday 3 December 2016

“Take off your specialist hat and put on your dancing shoes”. That’s the invitation for a two day sharing that will be held at Friday 2 December (Sadler’s Wells) and Saturday 3 December (Rambert). Come along and discover **different perspectives on dance for creative wellness** from the UK and across Europe - inspiration for therapists, practitioners, carers, health care providers as well as dancers, teachers and those interested in integrating dance and creativity in wellbeing and preventative health practice. Presented by **Sadler’s Wells** and **Rambert** in partnership with the **European Dance & Creative Wellness Foundation**. Tickets are now on sale and available from £ 55. [Book Tickets](#).

If *‘Sitting is the new smoking’* and our sedentary lifestyle has exploded into an insidious epidemic, diminishing brain-body reflexes, disturbing circadian rhythms and provoking all manner of imbalances and dis-ease in the subtle, interconnected systems and rhythms of the organism - then dance has a significant role to play as an inclusive, social activity that impacts health on a global level: on a physical, mental and emotional level, engaging individuals of all ages in life-giving activity, improving general levels of health, immune function, brain health, confidence and social integration.

Discover how using creativity, dance and movement as the foundations of a creative wellness approach, provoke engagement and produce habit-forming mindfulness and lifestyle changes through enjoyment with minimum cognitive effort and yet direct palpable effect.

‘Dance has a direct and unifying impact on the intricate inner choreography, the dynamic balance that is our health’ Clare Guss-West, Dance & Creative Wellness Foundation

Best ‘Dancing Wellness’ cases from Austria, France, Germany, Netherlands, Norway, Monaco, Serbia, Spain, Switzerland with practitioners from companies such as **Compañía Nacional de Danza**

(ES), Ballet Preljocaj (FR), Royston Maldoom (DE) who join Foundation directors Andrew Peter Greenwood (NL) & Clare Guss-West (CH). UK 'Dancing Wellness' is explored through presentations and workshops from **English National Ballet, Sadler's Wells, Rambert, Darcey Bussell's DDMIX** and many others.

Choose from presentations, 12 inspirational workshops, 'happenings', roundtable discussions and refreshments all in the stimulating environments of Sadler's Wells, on 2 December and Rambert on 3 December.

Presented by **Sadler's Wells** and **Rambert** in partnership with the **European Dance & Creative Wellness Foundation**.



Key Information:

Tickets:

£55* for Independent Dance Artist / Teacher

£80* for Delegates from Organisations / Companies / Institutions

*Ticket price includes lunch on Fri 2 December

Dates:

Fri 2 Dec and Sat 3 Dec 2016

Locations:

Friday 2 Dec - Sadler's Wells, Rosebery Avenue, London, EC1R 4TN

Saturday 3 Dec - Rambert, 99 Upper Ground, London, SE1 9PP

Book Tickets

The Dance and Creative Wellness Foundation was created at the Dutch National Opera and Ballet to validate dance as a viable preventative health intervention and a powerful route to lifelong creativity and well being.



note, not for publication

For more information, please contact Clare Guss-West (+41 787 181 252), clare@danceandcreativewellness.com or Andrew Greenwood (+31 6 528 78 896), andrew@danceandcreativewellness.com, directors Dance & Creative Wellness Foundation.