



**An inclusive therapeutic movement space for vulnerable,
disabled, neurodiverse, and mental health communities and
their carers**

Founder, M Gallego RDMP MA



Professional
Ballroom & Latin
Dance Instructor



M Gallego MA
Registered Dance &
Movement
Psychotherapist



Volunteer Dance
Practitioner & Disabled
Dance Advocate

What Is Dance & Movement Psychotherapy?

DMP is an expressive therapeutic approach that uses dance, movement and body awareness as tools for emotional regulation, self-expression, and connection internally and externally



- Provides a safe, non-judgmental space for authentic self-expression
- Uses creative movement for emotional release and body-based processing
- Inclusive and adaptable approach, supporting all individuals needs

M-BODIMENT Approach:

Definition of M- BODIMENT: is the holistic expression of our interconnectedness.

Connectedness

Integrating DMP
with Ballroom
Dance
emphasizes
nonverbal
communication's
role in connection
and healing

Safety

Emphasizing
the
foundation of
bodily safety
and creating
a secure
space for
exploration

Exploration

Capturing the
freedom to
experiment
with
movement,
embodiment,
and new
responses

Regulation

Representing
DMP
interventions that
support
emotional
regulation, social
skill practice, and
self-
understanding.

Authenticity

Highlighting
the opportunity
for individuals
to express
themselves
genuinely and
meaningfully

“With a blend of experience as a professional ballroom dancer and specialized training in mental health, crisis intervention, and neurodiverse support, I embrace a person-centered approach to support each unique individual. I believe these five key elements are essential to fostering health and well-being in those we serve.”

-M Gallego, *Founder*

Who M-BODIMENT serves:

- Aged 16+
- LGBTQ+ individuals welcomed
- Neurodiverse individuals (including those with autism, ADHD, and other neurological conditions)
- People with mental health challenges (including anxiety, depression, PTSD, etc.)
- Individuals with physical disabilities or mobility challenges
- Caregivers and family members of vulnerable individuals
- People from diverse cultural, ethnic, and socioeconomic backgrounds
- Anyone seeking a safe, supportive space for self-expression and healing



M-BODIMENT Services:

- **Private Sessions**

Personalized 1:1 support for all abilities in a safe, inclusive space to explore and express through tailored movement sessions, with flexible location options.

- **Groups Sessions**

Group classes focused on social connection and interaction through guided dance and movement, open to all abilities, with offerings for carers and neurodiverse individuals that promote emotional expression and well-being through shared experiences

Various Dance/Movement styles will include:

Ballroom, Latin, Social/Partner dances, Jazz, Contemporary, Expressive Movement, Mindful Movement, Movement Exploration, and more...

Sessions welcomed:

- Online & In person (SWLND)
- Workshops
- Collaborations
- Trainings

Coming soon...

Private Psychotherapy Practice

M-BODIMENT offers two types of services:

Therapeutic Ballroom & Latin Dance:

Ballroom dance fosters emotional well-being by engaging cognitive, emotional, and social aspects through touch and connection, helping to alleviate social anxiety and build healthy relationship boundaries.

- Ballroom Tea Dances: *Enjoy two hours of structured dance instruction on several Ballroom & Latin Dances followed by a Social Dance Time fostering connection and community*
- Ballroom & Latin M-BODIMENT Group classes will focus on a specific dance, emphasizing the mind-body and partner connection. These sessions will often explore emotional themes, allowing participants to express and release feelings safely, fostering a supportive environment for co-regulation while learning new steps & techniques

Expressive, Mindful, Explorative M-BODIMENT

Our group classes focus on expressive, mindful, and explorative movement, providing a supportive environment for carers, diverse, and disabled individuals. Participants are encouraged to connect with their bodies and emotions while discovering new ways to express themselves through movement

- Expressive Movement Sessions: *Focus on personal expression through dance, allowing participants to explore emotions and creativity in a supportive setting*
- Mindful Movement Sessions: *Emphasize body awareness and breath, helping participants connect with their feelings and promote relaxation.*
- Explorative Movement Session: *Invite playful experimentation with various movement styles, encouraging curiosity and freedom of expression in a shared space.*

Upcoming Group Sessions: (In person)

Ballroom Tea Dance

Taster Session

Monday, December 2nd @1pm-3pm

Lantern Arts Center

Rehearsal Studio

Sw20 8RA

16+, All abilities Welcome

Donations Welcomed

Structure:

Introduction to M-BODIMENT

Part 1: Ballroom Dance

Part 2: Latin Dance

Part 3: Social & Free Dance

Last Waltz, Closing Remarks, & Connecting

Online sessions:

Starting: Week of
December 9th, 2024

Latin MBODIMENT:

A dance class for carers featuring Salsa, Cha Cha, Samba, and Rumba, designed to explore how these dances support wellbeing and expression

When: Wednesdays, 6pm-7pm

Where: Online via Zoom

Mind Body Session for Carers:

A safe space for carers to reconnect with themselves using mind-body awareness techniques. This movement-based class helps to ground, soothe, and release daily stress and tension.

When: Thursdays, 5:30pm-6:30pm

Where: Online via Zoom

Contact for more information, hire,
collaboration, or connection:



M Gallego RDMP

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www.m-bodiment.com

Group Class Schedule 2025 Coming Soon
Online (Los Angeles, CA, USA & London, UK)
In Person: South West London, UK



Scan for Website,
Registration,
Calendar, and
More!

