

Report on the Online Experiential Session on Creative Movement Therapy: Taking care of Mental health during COVID 19

Organized by: Bhavan's Suruchi Kendra, Jaipur

Facilitated by Dr Chirmi Acharya

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The experiential session was attended by more than 60 participants both young and old. They experienced through free movement and some structured activities the voice that stored in their bodies. The participants went through movement building to open up their bodies to movement followed by a structured activity that took them into an acting out of their day's schedule, especially during the lockdown period, thereby helping them develop an insight about their routine and emotions. The workshop closed with an art-work done individually to express on the paper how they felt, which was voluntarily shared with the group.

Outcomes achieved: the group experienced a catharsis and had a good time practicing movement as was the goal for the session.