



WHAT IS BAMD?

BAMD, Bust A Move Dance, is an international organisation running dance classes for kids, teens and adults with disabilities; and facilitating world class teacher training for educators wanting to create safe, inclusive and accessible dance spaces for people with disabilities.

BAMD'S VISION

Is that people with disabilities have opportunities to engage in safe inclusive & accessible dance spaces allowing them to feel equal and powerful in the world.



What we work towards with your students.

LEARNING OUTCOMES

1. Increasing confidence, mindfulness, curiosity & language around feelings & emotions in the body
2. Learning to freely express creativity, make movement choices & increase body awareness
3. Increasing capacity to challenge themselves & strive towards personalised goals

WHAT CAN YOU EXPECT FROM A BAMD CLASS?

Mindfulness

Students are guided through meditation and breathwork to connect with themselves.

Dance Moves

Students will learn easy to follow dance moves that feel accessible for any mover!

Interactions

Teachers will facilitate conversations between and with students to build connection.

Skill Building

Students will engage in dance activities designed to improve social, emotional and physical skills.

FOR MORE INFO OR TO REGISTER FOR CLASSES EMAIL OR VISIT:

INFO@BUSTAMOVEDANCE.COM.AU | WWW.BUSTAMOVEDANCE.COM.AU

