

**With** creativity and flexibility at the core of SpiralArts, the company is always keen to deliver or collaborate on new projects.

## INFORMATION SHEET C: IDEAS AND PROJECTS FOR DEVELOPMENT

Below, it has highlighted three areas in which the company has prior experience and that it would like to explore further:

**Health** (Emotional and Physical)  
**Teacher Training** in the Performing Arts  
**Site-Specific** Performance Work

### 1. HEALTH PROJECTS

From its experience of running residential courses in Devon and its workshops more generally, the company has positive evidence that SpiralDance is a highly effective and creative tool for improving emotional and physical health.

The dance style itself can be adapted to suit all levels of physical ability and is always practised in a supportive and relaxed environment. It is 'body friendly', allowing a natural flow of movement through the body, whilst still improving strength, stamina and flexibility. It is kind to joints and helps the circulation. It enhances a sense of energised well-being, rather than exhaustion, and promotes good body awareness and appreciation.

The strong, positive, natural imagery not only makes SpiralDance accessible to diverse groups, but also encourages imagination, creativity and self-expression. Integrating other art forms into movement classes can further support this self-exploration and provide an additional, alternative means of communication.

Whilst the company would like to stress that they are not trained dance therapists, SpiralDance does provide a healthy form of dance that brings a certain balance of mind, body and spirit. In this way, it may be of particular benefit to groups where self-esteem, confidence and depression are issues.

It is also worth highlighting that the company is in a unique position of being able to incorporate Shiatsu into projects. In particular, one of the Associate Directors of SpiralArts runs the **Ealing School of Shiatsu**, where ongoing courses are offered, and is an assessor and examination coordinator for the Shiatsu Society of the U.K.



### WHAT IS SHIATSU?

**Shiatsu** is a traditional hands-on therapy with its roots in Japanese and Chinese Medical systems. It is primarily a Japanese form of massage, using pressure on the energy pathways of Chinese acupuncture in order to rebalance the flow of vital energy or 'Ki'. This holistic principle of rebalancing 'Ki' helps restore health, vitality and wholeness physically, emotionally and psychologically, and creates a deeper sense of well-being with a more harmonious feel for life.

*Shiatsu can be integrated into SpiralArts workshops, for example, to serve as a wind-down or relaxation session or to demonstrate the use of touch in a caring and non-sexual way.*