

WORKSHOP MARYLIN MOGGI

Since 2021 ZETA Movement has been collaborating with Marilyn Moggi to offer an alternative approach to the topic of mental health in addition to the main Ambassador program.

DanzarMENTE: let's combine dance with mental health

The aim of the project is to make young people aware of various aspects related to mental health through art and physical movement, especially through dance. It wants to offer reflections and practical advice on various issues that can range from listening to one's body and emotions, to how to relieve stress and take care of oneself.

Have you ever felt a certain physical sensation within yourself but failed to verbalize it? Dance is a form of expression to enable us to shed light on what lies within us that we cannot always put into words. It can be an occasion to show strength, to start anew, to recharge, to find ourselves, to gain freedom. Dance, despite being a different form of expression than we are usually used to, is still a universal language. Various studies on dance, and physical activities in general, show how movement has benefits precisely for mental health. Dance, however, compared to other physical activities, does not only require physical effort, but also includes cognitive and emotional components. Moreover, since ancient times it has been used to deal with, express and understand one's emotions.

Structure and purpose of the workshop:

Dance is defined as the expression of movement. All of us in our daily lives move and more or less visibly, more or less consciously, with our movements, our gestures, we always express something. During this workshop we will then go deeper into how body-mind-movement are linked together and how they can influence each other.

The purpose is both to get a sense of the positive effects of dance on one's well-being and at the same time to be able to explore various topics related to mental health. During this activity, participants will develop a greater awareness of their bodies and emotions.

It has been almost two years now that so many activities or dialogues take place virtually and more and more often we communicate through a screen, almost, if not entirely, hidden. Here then, such a workshop brings value back to physical presence, restores security, instills confidence, and offers an opportunity for those who perhaps feel insecure and usually do not dare, to still be able to express themselves and discover nonverbal language.

In a concrete way, the workshop will offer group and individual activities, alternating moments where precise steps are learned with guided moments of improvisation and/or creation. Topics regarding mental health will be discussed using nonverbal dialogue and participants will be introduced to some strategies to relax or vent related to movement, music and rhythm. There will be activities that help increase one's body awareness, give vent to emotions, and understand the importance of breathing and interacting with others. These activities will help us discover the benefits that dance can have on mental health, as well as being new tools for participants to cultivate their own well-being.

Practical information:

The workshops are ideally to be held in a gym hall or alternatively in a spacious room (calculating a minimum of 4 m² per participant). Duration varies between 45 and 90 minutes (depending on your request). Moreover, if that can be of interest for you, a course of several regular meetings (3-4) can also be created.

In agreement with the teacher, Ms. Moggi, the workshop costs are Fr. 150 for the 60-minute duration and Fr. 225 for the 90-minute duration, with an additional contribution of Fr. 50 per day for travel to Switzerland.

Maximum number of participants: 24

Currently the workshops are suitable for children 12 years and older, but can also be adapted for elementary school children.

Who is Marylin Moggi

I am Marylin Moggi, 25 years old and a dance teacher.

I started dancing by taking a creative dance class when I was 6 years old. Since then I have continued to dance and immersed myself in various styles, taking classes in contemporary dance (also ranging in floorwork and dance theater), jazz dance, ballet and street dance.

Intrigued by the world of sports and scientific knowledge, in 2019 I obtained a Bachelor's degree in Sports Movement and Health Sciences from the Faculty of Medicine at the University of Basel. While studying in Basel, I was able to observe in more detail the influence of physical activities on the brain and mental health. From 2019 to 2020, I attended Elevate Dance Company, a dance school based in London, for one year. During this training I visited various schools to bring dance workshops related to social issues (such as respecting others and nature). I returned to Switzerland in 2020 and began teaching modern contemporary dance and ballet for children from 3 years old to adults.