

REGISTRATION OPEN SIGN UP TODAY!

WEEK 1 - JULY 12

BUILDING ON THE BASICS
DEFINE MUSIC AND MOVEMENT-
UNDERSTAND THE BENEFITS OF
IMPLEMENTING MUSIC AND
MOVEMENT INTO DAILY ACTIVITIES
FOR HEALTH BENEFITS AND FUN!

WEEK 2 - JULY 19

RHYTHMIC VISUALS
MUSIC THEORY BASICS AND MUSICAL
EXPLORATION. ENJOYING THE
INSTRUMENTS AND THE PRACTICE OF
MUSICAL MINDFULNESS AS SELF
EXPRESSION.

WEEK 3 - JULY 26

MUSIC AROUND AND IN THE WORLD
CREATING ART AND INSTRUMENTS
FROM NATURAL AND HOUSEHOLD
MATERIALS. EXPLORING NATURAL
MUSIC WE EXPERIENCE EVERY DAY.

WEEK 4 - AUGUST 2

**DANCE LIKE NO ONE IS WATCHING-
SPEAK LIKE EVERYONE IS LISTENING**
DANCE, THEATRE AND IMPROV
BASICS. EXPLORE BODY MOVEMENT
AS A TOOL OF EXPRESSION AS A WAY
TO RELEASE AND RELATE TO OTHERS.

WEEK 5 - AUGUST 9

CREATEIVITY- EDIBLE ART MAKING
COLORFUL, CREATIVE, HEALTHY AND
TASTY CREATIONS. EXPLORING THE
FOOD GROUPS, WHAT TASTES GOOD
AND WHAT KEEPS US MOVING.

WEEK 6 - AUGUST 16

EXPLORE-EXPRESS-RELATE-RELEASE
OUR FINAL WEEK TO SHOWCASE ALL
SKILLS THAT WE HAVE LEARNED! THE
FUN-FINALE!

NEW STUDENTS WELCOME!

Music & Movement

6 WEEK SUMMER EXPERIENCE

Wednesday's 3-5pm

starting July 12th, 2023

The Creative Arts are more than just fun, there are also health benefits associated with getting active and being a creative. During our six-week programming, participants will learn about the advantages of integrating creative expression on health, healing and happiness.

Music and Movement is lead by our enthusiastic and professional staff who are eager to express and release through music, theatre, culinary, physical and mental wellness art making. Every participant is encouraged to come as they are - as there is no previous artistic experience required in order to be a part of or create in each session. We encourage vulnerability as an avenue to promote positive change in our creative safe space.

SIGN UP TODAY -MUSIC AND MOVEMENT at PTAH Initiative!

BENEFITS OF MUSIC

MUSIC CAN HAVE A
BENEFICIAL EFFECT ON OUR
BRAIN CHEMICALS AND
HELP LOWER LEVELS OF
THE STRESS HORMONE IN
● OUR BODY

BENEFITS OF MOVEMENT

BOOSTS MOOD & ENERGY LEVELS
REDUCES ANXIETY & STRESS
SHARPER MEMORY & ALERTNESS
IMPROVED SELF-ESTEEM &
AWARENESS

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