

Dancing Mindfulness

Submitted by stahlman on Fri, 12/13/2019 - 10:08am



Open to BIPOC undergraduate, graduate, and professional students, this 10-week CAPS virtual group is a fusion of small group discussion and self-reflection based on the book *The Gifts of Imperfection* by Dr. Brené Brown, and dance/movement with the incorporation of dancing mindfulness principles. For the first half of the group, time is set aside to read the group text and explore topics such as authenticity, connection, and working through difficult times. During the dance portion, participants will learn to cultivate present-moment awareness, breath and somatic awareness, self-empowerment, healing, and self-compassion, while dancing off-camera to their own playlists, cultivating their own dancing mindfulness practice. A group debrief will conclude each virtual session. Participants should be able to attend the majority of the 10 sessions. No movement, dance, or meditation experience necessary. All abilities are welcomed. For questions about or to express interest in this group, use the [group interest form](#) [1].

Meeting Day and Time:

Friday 2- 3:30 pm

Group Type:

[Mindfulness Groups](#) [2]

Status:

Open

Facilitated By:

Mil Witt, Ph.D. and Kadeisha Bonsu, LCSWA

Source URL: <https://caps.unc.edu/dancing-mindfulness>

Links

[1] <https://caps.unc.edu/services/group-therapy/how-join-group>

[2] <https://caps.unc.edu/group-therapy-types/mindfulness-groups>