



“No pose no gesture is beautiful in itself. Every movement is beautiful only when it is expressed truthfully and sincerely»

Isadora Duncan

Newsletter March 2025

Data turns into Action

How reseach becomes practice

In this newsletter, we report from our dance therapy practice and invite you to reflect and empathize.

In this newsletter, we would like to remind you of our upcoming learning LAB on March 29, 2025, and our moving/living LAB (ZOE Summer School) from July 26 to 29, 2025.

[The Learning LAB on March 29th. 2025:](#)

Inspiration from research to practice

Dr. Cecilia Fontanesi presents her study “Beauty that Moves” in this LAB. She explains how intrinsic artistic motivation has a positive effect on the mental and physical condition of people with Parkinson's disease. She also provides valuable insights into the practical application of the study results. Together, we will then discuss how to transfer these findings into practice.

This event is, [here](#) you can sign in

A few insights from the study:

- Emotional activation:
 - Dance focuses on emotional experience and promotes emotional engagement. This is particularly important for people with Parkinson's, as depressive moods are often accompanied by limited emotional experience.
- Increased self-efficacy:
 - Dance awakens and sharpens the senses, strengthens the sense of beauty, and promotes self-confidence.
- Social identity & connection:
 - Contact with oneself and other people through (joint) movement creates an atmosphere that strengthens identity and self-confidence and promotes a positive attitude toward one's own body and the world.

The Living / Moving LAB (ZOE Summer School) from July 26th. to 29th 2025:

Do you work with **Parkinson's patients** as a **doctor, physical therapist, psychologist, psychotherapist, dance therapist, etc.**? Are you affected yourself, a relative, or a caregiver and would like to learn more about the effects of dance therapy?

We invite you as a health professional or as a person affected by Parkinson's disease and/or a relative to join us in exploring the fascinating field of dance therapy research and application. In this LAB, we will provide you with in-depth knowledge based on the latest research findings and invite you to learn about the practical applications we have derived from them.

In the mornings, you will be presented with studies on the effectiveness of dance therapy for various clinical pictures. These are:

- Alzheimers Disease
- Parkinson Syndrome

- Chronic Pain Schmerz
- Mental Health

In the afternoons, we develop a dance therapy session based on these experiences, in which we then reflect together on the experiences that have arisen. We welcome the different perspectives you can offer as a health professional, affected person, and/or relative.

Do you have specific questions about the Summer School? Visit our free [online information event](#).

Have we caught your interest?

All information and registration details for the Summer School can be found [here](#)

At the end of this newsletter, you will find a short account by someone affected by self-efficacy.

"I remember a dance therapy session that showed me how deeply movement is connected to our inner world. One afternoon, trapped in self-doubt, I began to dance hesitantly. But with every movement, I found myself, became more fluid, more powerful—my dance told a story of overcoming obstacles and self-empowerment.

After the session, I felt an unfamiliar clarity. The dance helped me push my inner boundaries and recognize my own creative power. This experience showed me that dance therapy is more than just movement—it is a mirror of my inner self and an expression of my strength."

Warm regards from ZOE SCHOOL and welcome to March!
Brigitte Züger, Director
admin@zoeschool.ch

A handwritten signature in black ink on a white background. The signature reads "Brigitte Züger" in a cursive, flowing script.

Unsere Kurse

Themenspezifische
Weiterbildungen