



SCHOOL FOR
DANCE MOVEMENT
THERAPY

“WE MOVE FOR THE SAKE OF MOVING AND FEELING, AS A
MEANS OF ACCESSING HIDDEN, UNFINISHED BEHAVIOR,
NEW INFORMATION, AND CREATIVE NEW TERRITORY.”

Christine Caldwell

Newsletter October 2025

You can feel the power of dance, can't you?

Perhaps you already know it—or you sense that there is something healing in dance and movement.

A power in which the soul connects with consciousness through the body, and you intuitively know that this will help you take a step forward in your development.

And deep inside you, there is a growing desire to increase this power and pass it on—as a dance therapist.

Perhaps you are accompanied by questions such as:

Am I in the right place?

Can I do this?

Will I be seen and supported?

Is this the right choice for me?

Here are some ideas that may help you discover your own answers:

Am I in the right place?

If you are fascinated by how movement transforms—how it opens inner spaces and brings healing into motion—then the ZOE SCHOOL is most likely the right place for you.

If your own process calls to you and you are curious about what dance therapy has to offer today in terms of knowledge, experience, and depth, then our program is the right path for you.

Can I do it?

Yes, our training challenges you, because dance therapy covers a [wide range of areas](#): movement theory, biography, psychology, anatomy, psychosomatics, artistic design, research and how you transfer it into your practice, therapy theory, etc. That's why it's designed to ensure that you grow step by step, learn to know and live within your limits and possibilities, and crystallize your strengths and interests. This gives you the strength to learn with joy and motivation. This is supported by our [lecturers](#), who teach with heart, clarity, and passion, share their experience and expertise with you, and impart their in-depth knowledge to you through their lived experience. This makes learning something that touches and moves you.

Will I be seen and supported?

Yes. With us, you will be seen—as a person, not just as a student.

Our training groups are deliberately small, with a maximum of 10 students, so you will be seen and supported individually, even in a 1:1 setting.

Is this the right choice for me?

Only you can answer that question.

Perhaps you already feel it – somewhere between excitement, curiosity, and heart palpitations. But maybe you want to read what [other people](#) say about our course, or you want to take the plunge and come to an [introduction day](#) (which will count as your entrance exam if you decide to study with us).

Do you have any questions? Please contact us!

Warm regards from ZOE SCHOOL and welcome to late autumn!

Brigitte Züger, Director

A handwritten signature in grey ink on a white rectangular background. The signature reads "Brigitte Züger" in a cursive script.

Unsere Kurse

Themenspezifische
Weiterbildungen