

Newsletter October 2026

ZOE SCHOOL FOR DANCE MOVEMENT THERAPY

Move - Create - Embody - Impact



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Movement works before you understand it

Try it out briefly. Let your arm cut through the air, angular and fast. Then let it swing softly and fluidly, as if gliding through water. What has changed? Probably not just your arm, but also your mood?

What you just felt

Embodiment research describes what you just felt. For us dance movement therapists, this has always been self-evident: body and psyche form a unity and influence each other. Feelings change how we move. And when we move, what we feel, perceive and think changes.

One example from research: people who use soft, flowing rhythms in a handshake are perceived as more open and more pleasant than someone with a sharp handshake. A small variation in movement, a noticeable difference in experience, and also a difference in how we are perceived.

A moment from my practice

A client held her arms tightly wrapped around herself and felt fear. I saw that all her tension was in her upper body and that she stood very insecurely on the ground. I gave her the impulse to let the ground carry her more and to let the strength in her arms become a little softer. She was astonished: the gesture of her arms suddenly gave her a sense of safety and security, and the words “I feel safe” came from her, without her having to think about it.

Your experience is the way

Research confirms what we experience in practice: your experience is not a pretty extra, but the way in which change begins. What feels good is not only enjoyment, but also effective therapy.

In dance movement therapy you experience how the ground carries you and how a rhythm arises in you and takes you along. You receive impulses for how to turn something angular into something soft and something heavy into something light. You are free to try things out and feel what it does to you.



When it feels unfamiliar

Even if something feels odd or unfamiliar, that is neither wrong nor a sign that you are on the wrong path. Your body is giving you feedback. Perhaps an old pattern shows itself, or something starts moving in you that wants to change.

If you would like to become a dance movement therapist yourself, you can tell your clients in good conscience: "You don't have to put everything into words to enter change. It is enough to experience it." And if you are in dance movement therapy yourself, you can relax: your experience often lets you find the words on your own.

YOUR TAKEAWAY

Try it out and feel what changes. The experience is your gain, and research shows how much movement changes your experience.

I wish you a wonderful late autumn!
Brigitte Züger

Director ZOE SCHOOL



Would you like to become a dance movement therapist and talk to me? [Here](#) you can book a call with me.

If you would like to visit us, take a look at [Our courses](#) – they are open to everyone interested.

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open to all interested
people

for those working in
health, education,
psychotherapy, dance

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website



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