learningtogether
siner advanced skills institute

ERASMUS+ STRUCTURED COURSE | SCHOOL APPROVAL SUMMARY

Move to Heal – Dance, Wellbeing and Stress

A concise, shareable overview for teachers, school leaders and Erasmus+ mobility coordinators.

Course code	LTMHDWS80	**Language**	English
Destination	Multiple locations available	**Subject level**	Basic to Intermediate Professional Literacy
Format	On-site · 5-day or 6-day	**Audience**	Teachers, trainers & education professionals

Educational purpose

Discover how creative dance, rhythm, breathing and gentle movement can support educator wellbeing, self-expression and inclusive classroom activities.

Learning objectives & outcomes

- Body Awareness & Personal Signals
- Rhythm & Movement Exploration
- Inclusive & Accessible Movement
- Personal Wellbeing & Practice Planning
- Breathing & Grounding Practice
- Creative Dance & Non-Verbal Communication
- Movement in Educational Settings
- European Peer Exchange & Institutional Transfer

Learning activities and methodologies

Programme format: **5-days (25h) or 6-days (30h)**. Participants engage in guided body-awareness, breathing, rhythm and creative dance exercises, using improvisation and movement storytelling to experience different forms of expression. Practical workshops then help them adapt short movement routines to educational contexts, considering accessibility, individual choice, cultural sensitivity, professional boundaries and personal wellbeing goals.

Documentation, materials and practical arrangements

Certificate of Attendance: issued for participants meeting the 80% minimum attendance requirement. **Learning Agreement** and **Europass Mobility support** are provided where agreed and relevant; if you need support for additional documents contact our team. Participants have access to a dedicated folder with digital course materials, resources and evidences. **Materials to bring: Comfortable clothing & reusable water bottle recommended.**

Locations, fees and booking

Course locations: Cadiz, Madeira, Malaga, Porto, Seville and Valencia. **Fees per participant:** 5-day: €420; 6-day: €480. Current edition dates, confirmation status, fee and inclusions must be verified before making non-refundable travel commitments. Pre-enrolment is non-binding and is not a booking confirmation.

Course details · **Live course calendar** · **Mobility documents**

Portugal OID E10201112 / Spain OID E10417947 / Poland OID E10419682

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