

Move. Play.  
Grow.

# A Fun and Creative Mind-Body Fitness Journey for Kids

Unlock your child's full potential with a one-of-a-kind **Creative Dance & Movement Program** designed to nurture both mind and body! Blending **fitness, self-expression, and therapeutic movement**, this program goes beyond traditional dance classes—helping children build strength, confidence, emotional resilience, and creativity in a fun, engaging environment. Through a unique mix of **Pilates, Dance Movement Therapy, and play-based exercises**, we create a safe space where kids can move freely, express authentically, and grow holistically. Join us on this transformative journey—because movement isn’t just exercise, it’s self-discovery!

## Program Details:

- Age- 7 to 18 years (in age-appropriate batches)
- Year long classes
- Frequency- 2 times per week
- Duration - 60 minutes
- Complimentary demo session offered
- One-on-one parent/guardian - child-teacher meeting before sessions start
- Periodic review with the parent/guardian to discuss the child's needs (usually once every 12 sessions)
- Minimal props required
- Basic art material needed
- More questions? Refer to FAQ at the bottom of the page.

<sup>1</sup>Dates are tentative and will be determined once a conversation is held among all the parents who have signed up.



# Components of the program

## Creative movement

Encourages imagination and self-expression through guided and free-form movement, helping children develop confidence and adaptability.

## Therapeutic movement (from Dance/Movement Therapy)

Uses Dance Movement Therapy principles to support emotional expression, self-awareness, and mind-body connection in a safe and nurturing space.

## Choreography

Guides children in learning and creating movement sequences, enhancing memory, coordination, and teamwork while allowing for personal expression through dance.

## Pilates for kids

Strengthens core stability, balance, and flexibility through age-appropriate exercises that enhance posture and overall physical well-being.

## Dance exercise

Blends rhythm, coordination, and cardio-based movement to make fitness fun while improving endurance, agility, and motor skills.

## Creating art and sharing circle

Provides a reflective space where children create and share art, fostering emotional expression, connection, and deeper self-understanding.

# A Brief Overview: The Movement Studio- 2017-2025

**300+ students**

**5 examinations**

**3 dance styles**

**1 gymnastics  
program**

**After-School Activity  
program in 5 schools**

**2 stage shows**

**3 summer programs**

**4 workshops with  
internationally  
trained faculty from  
France, Australia,  
Singapore and the  
US**

**Customised Strength  
and Conditioning  
program for children  
pursuing dance and  
gymnastics**

**Strict adherence to Child Safety  
Practices for both emotional and  
physical safety**

**Collaboration with industry  
experts in exercise science,  
nutrition, dance choreography,  
and dance/movement therapy**

# Testimonial

"Prerna mam is a very professional teacher. She gets what she has to do while still keeping the class fun. Her classes are never stressful and I've always looked forward to them. She is friendly and considerate. Prerna mam is extremely intelligent. She is good with children and adolescents. She is qualified in many fields and over all makes a great teacher."

- Akshita, 12, Student



# A message from your trainer

**Dear Young Movers,**

Welcome to a journey of movement, creativity, and self-discovery! In this space, you are free to explore, express, and grow in your own unique way. Through dance, play, art, and storytelling, we will move not just our bodies but also our hearts and minds.

There are no right or wrong steps here—only the joy of movement and the magic of being yourself. So come as you are, bring your energy and imagination, and let's create something beautiful together.

I can't wait to dance, play, and grow with you!

**See you in class!**

Prerna 😊

**Let children play.**



# Meet Your Trainer



## Dance & Movement Educator

25+ years of dance studies.

13 years of teaching, reached 800+ children- from early childhood to late adolescence

10 years of teaching at The Movement Studio



## Dance Movement Therapy Practitioner

450+ hours of study and 150+ group and individual sessions completed



## Passionate about children, education, the arts & psychology

Loves working with children and has a gentle and kind approach, making sure that every child feels safe and included. She writes extensively about the importance of free play, creative flow, self-expression and dance/movement therapy.



## Education

Trained up to different levels in-

1. Kathak, Bharatanatyam, Classical Ballet, Modern Jazz, Jason Winters' Contemporary dance
2. Pilates- Matwork
3. Post-Graduate Diploma in Dance Movement Therapy
4. Post-Graduate Diploma in Play Therapy

<sup>1</sup>**Interesting fact:** Miss Prerna is an electrical engineer but she quit it a long time ago to pursue pedagogy, psychology and the arts.

# Testimonial

"My daughter was just 6 when she started learning ballet from Prerna and six years later, she's going strong in another country because of the strong foundation, support and encouragement she received from her teacher. Prerna is an excellent dancer and teacher, but more than that she's a fierce advocate for her students. She's passionate, dedicated and extremely professional. I can't thank my stars enough for leading us to her. She's just what my daughter needed to fall in love with ballet."

- Garima, Parent



# Benefits of this Program

## 1 Physical Development

This program enhances strength, flexibility, and coordination through engaging movement activities. Pilates-based exercises help improve posture, core stability, and balance, ensuring a strong foundation for physical well-being. The playful and dynamic approach supports motor skill development while encouraging healthy movement habits that children can carry forward into their daily lives.

## 2 Mental & Emotional Well-being

Movement is a powerful tool for emotional expression and regulation. This program boosts confidence and self-esteem by providing a safe space for creative movement and self-discovery. Mindfulness and body awareness techniques help children manage stress and anxiety while fostering a deeper connection with their emotions. Through movement, they learn to navigate their feelings in a healthy and expressive way.

## 3 Holistic & Therapeutic Approach

Beyond physical fitness, this program incorporates Dance Movement Therapy principles to support emotional and psychological well-being. Play-based strength and conditioning ensures that exercise feels joyful rather than routine. With a focus on individualized needs, the program adapts movement techniques to help every child find their own rhythm, expression, and confidence in a supportive and nurturing environment.

## 4 Cognitive & Creative Growth

This program supports focus, memory, and problem-solving skills through movement-based learning. By exploring both structured and spontaneous movement, children develop adaptability and creativity. The integration of storytelling, improvisation, and guided exercises nurtures imagination, encouraging them to think outside the box while also refining their cognitive abilities.

## 5 Social & Communication Skills

Participating in group sessions helps children develop teamwork, cooperation, and social confidence. Movement-based activities encourage healthy self-assertion, boundary-setting, and non-verbal communication. As children engage in creative and structured interactions, they build meaningful connections with peers and develop a strong sense of belonging.



# Oh great! So what does a session look like?

## ▼ Warm up

Is crucial. We warm up for-

1. The transition from a body at rest to a body in motion.
2. The psychological transition from home space to online learning space.

## ▼ Main part of the session

The objective for the session is met here. The session's focus can be Pilates or creative movement, or strength training, or a choreography lesson. Don't worry about prior dance/movement experience and ability. These classes are for every child!

## ▼ Physical cool down

Is as crucial as the warm-up. We stretch gently and move into the sharing circle.

## ▼ Sharing circle

Serves two purpose:

1. Movement is an emotional experience. The class closes only when the children have had their say- both verbally and through creation of art.
2. It is a return from online learning place to the home space of rest and play.

# Gifts!

Here's a little something we put together for you!

## Gift 1 : Demo session- Free

Avail a free demo session to make an informed decision before committing to the program

## Gift 2 : Former student/client discount

Have you trained with Miss Prerna before? Collect your discount of 10% !

## Gift 3 : Referral discount

Bring your friends and make this space yours! Both of you get a discount on the fees. If your friends join later, 10% of the fees will be refunded to you, and your friend will get a 10% off on joining.

## Gift 4 : Sibling discount

If you are enrolling two or more siblings, collect your 10% discount and share with us some of your sibling stories in the class!

# Testimonial

"Miss Prerna is a very professional, trained dance teacher. She doesn't only teach dance but she also has in-depth knowledge about strength and body and the physiological impact that any exercise would have or any dance step would have. So, she also personalises dance steps and has a good intelligence to understand what goes in the learner's mind and mind as she is teaching. She is also very patient as well as she is not extremely, only output oriented but she encourages students to enjoy the process. so overall she is a very intelligent dance teacher as well as fitness trainer."

- Aparna, Parent

# Lets' work together!

Call - +91 9884029319

Email - [themovementstudioin@gmail.com](mailto:themovementstudioin@gmail.com)

Website - [www.themovementstudio.in](http://www.themovementstudio.in)



# FAQ

▼ What if my child has no dance experience?

No problem! This class is for any child who loves to move, explore, and express themselves. Whether your child enjoys dance, sports, or just wants to have fun while being active, they will benefit from the program.

▼ What is Dance Movement Therapy (DMT)?

Dance Movement Therapy (DMT) is a creative and therapeutic way of using movement to support emotional, mental, and physical well-being. It helps children express their feelings, build confidence, and develop body awareness through dance and movement.

▼ How does Dance Movement Therapy help children?

DMT helps children:

- Improve emotional expression and confidence
- Reduce stress and anxiety
- Enhance social skills and teamwork
- Develop coordination, strength, and flexibility
- Increase body awareness and self-esteem

It provides a safe space for children to express themselves freely without judgment.

▼ How are therapeutic elements integrated into a regular movement class?

While the class is fun and engaging, we also include activities that:

- Encourage self-expression and creativity
- Use guided movement to improve emotional regulation
- Incorporate mindfulness techniques to help children feel more present and aware
- Include play-based exercises that strengthen both the mind and body

▼ What is Pilates, and how is it used in the class?

Pilates is a form of exercise that strengthens the body, improves posture, and enhances flexibility. In our class, we use age-appropriate Pilates techniques to:

- Improve core strength and stability
- Enhance coordination and balance
- Support healthy body movement and alignment

This helps children move better in dance, sports, and everyday life.

▼ What is play-based strength and conditioning?

Play-based strength and conditioning is a fun and interactive way of building physical strength. Instead of traditional workouts, children engage in games, dance and music led exercises, and creative movement activities that:

- Develop endurance, flexibility, and balance
- Strengthen muscles in a playful and engaging way
- Improve coordination and agility

This approach ensures that fitness feels like play rather than a chore! You are still doing squats, lunges, and planks without knowing it!

▼ How is this different from a regular dance class?

Unlike a traditional dance class that focuses on technique and choreography, our program integrates:

- Movement exploration for self-expression
- Mind-body awareness techniques
- Creative storytelling through movement
- Strength and flexibility training
- Emotional well-being support

It is a holistic approach that supports both physical and emotional growth.

We do have choreography classes scheduled periodically!

▼ What is the masterclass mentioned in the program details?

Every 12 sessions, we offer an exclusive masterclass with an industry expert based on children's interests and needs. Parents receive a **50% discount** on these sessions, which could cover topics like movement creativity, lifestyle (nutrition, exercise, managing screen time, etc) or mental/emotional well-being.

▼ How do you ensure an efficient learning outcome in an online session?

We have learnt from 5 years of teaching online that-

1. Most of the learning is adaptable to an online format.
2. We set up a working alliance in the first session. This ensures protocols agreed upon by the children are in place to maximise their learning.
3. Our exercises are music and dance based and are designed to train all the muscle groups as well as different energy systems.
4. All choreography classes are for fun and can be done by any child regardless of their interest in dance.
5. Information is key. We educate children on making right lifestyle choices- exercising, playing, eating well, managing screen time, making friendships, etc. A complete mind and body development paradigm is central to our programs.

▼ How much space is required for the class?

Any open space, free of any hurdles, indoors or outdoors, is fine. It should be enough for the child to move comfortably. You can always ask the teacher to get on a call and check out the space.

▼ We want to attend but our summer vacations begin in late May or June. What do we do?

You can join in anytime!

▼ What if I wish to attend only part of the program?

Then, we will customise it for you. Please call us.

▼ My child has anxiety around online classes. Now what?

Would it help if Miss Prerna gets on a call with them, listen to their fears and clarify their doubts? It is perfectly alright for the child to refuse to enrol after the conversation. In fact, a particularly interesting way to exercise the agency to say no in a safe space! We welcome authentic expression.

▼ Where can I find more details about your teachers and their credentials?

Website- [www.themovementstudio.in](http://www.themovementstudio.in)

IG - <https://www.instagram.com/themovementstudio.in/>

▼ I am eligible for more than one gift.

You are welcome to club Gift 1 - the demo session - along with one other gift which applies to your situation.

▼ My child is 6 years old but your program says 7+

We would love to have them in the demo session! If they find they are able to enjoy the lesson and see value in it, they are welcome to join us.

▼ My child has special needs.

Every single child of all abilities and capacities, ethnicities and cultures is welcome to our classes. We create experiences suited to each child's unique ability and work with what they have. We have teachers trained in multi-cultural model of pedagogy.

▼ How do you ensure children's safety in online lessons?

1. Recording of classes or taking pictures are done only with the guardian's and the child's consent. Sharing of the recording in part or whole is done only for promotional content on The Movement Studio's website, YouTube or social media pages. You reserve the right to request any content taken down if it has your child in it and if you have not signed the consent form with a clear 'yes' within 2 weeks of the content going up. We will keep you posted.
2. The recording, if done, is stored securely.
3. Children are allowed free expressions within the bounds of civility.
4. Our teachers and their teaching methods are child-centric i.e. the child is at the centre of the experience. They get to decide their goals within a larger framework of objectives set by the teacher.
5. We only work with certified and experienced teachers and therapists.
6. All processes are transparent. All communication is confidential. All questions will be address in an appropriate manner.
7. If we don't have an answer to your question or needs, we will either find out more and get back to you - if that is possible, or we will state the truth as it is.
8. If our teacher identifies a concern or doubt that is beyond the child's current capacity to handle and beyond the purview of the teacher's scope of practice, the parent will be informed in a timely manner.
9. We encourage children to rest or only observe if they are unwell or exhausted. Children are never pressured into any activity- as teachers who work in both creative and therapeutic spaces, we meet the child where they are at and guide them with patience and gentle nudging.

▼ How do I enroll my child in the program?

To enroll, please contact us through **[www.themovementstudio.in](http://www.themovementstudio.in)** or call **9884029319**. You can also schedule a free demo class before signing up.

① Registration only through payment made in advance please.

Please call +91 98840 29319 or email [themovementstudioin@gmail.com](mailto:themovementstudioin@gmail.com) for any queries

① This program was created under our Personal Movement Language Exploration and Development (PMLED) program.