



Through the valley

The Body never lies when therapy begins in the dance.

A story to be told

My story is a journey of Hope. A journey that i went through the valley till i found myself alive in motion. My near death experience took me to realise the body never lies. I was at my ends when i discovered dance movement therapy. Going through seven specialists and through my coma experience have brought me to realise that the body is far more intelligent than the mind. Each specialist could not find what is going wrong with me at that time. I was trying to discover my body by moving. I thought to myself, i am sure there is a way and mean to balance my body. The two years of rediscovering myself has taken me to become a therapist. In the year 2000, when nobody has even heard of Dance/Movement therapy I found myself in Down Under to pursue my training. It was a start of a new beginning of my new life.