



The Gentle BeMoved[®] Program

*AWAKEN THE BODY
STIMULATE THE MIND
FEED THE SOUL*

Gentle BeMoved can be magical and transformative. The music brings new life into your soul, while the movement lifts spirits and spurs memories of past joys and long forgotten moments. Let Gentle BeMoved be your whole mind-body workout!



About BeMoved

At BeMoved, we are passionate about sharing the joy of dance with people of all movement abilities. We believe that movement expressed through dance and music has a transformative power that enriches a person's wellbeing above and beyond the well-known physical fitness benefits.

What is Gentle BeMoved?

Gentle BeMoved is a dance program tailored to participants with limited physical mobility due to age, health, or injury.

With 7 different themed genres, each utilizing engaging and beautiful musical selections and steps, Gentle BeMoved creates a safe and accessible atmosphere for dancing!

Every Gentle BeMoved Class starts with a seated warmup, which progresses to upright dancing, but this method can be modified for groups that may need to remain seated.

To Learn More Visit Our Website
[www. BeMovedDance.com](http://www.BeMovedDance.com)