



A group of students from the Formentera Escola de Música i Dansa headed a year-end celebration including users of the dependent care facility, or “Day Centre”. Artists-in-training put on a show which not only spanned classical and modern dance and flamenco and included traditional musical performances; it also received a healthy dose of audience applause. The end of the gathering came with a group dance—“dance therapy”—in which students, Day Centre service users, teachers and monitors all took part.

The performance and workshop marked the culmination of a pilot project in dance therapy, launched two months ago, which saw the involvement of the 36 seniors and individuals with disabilities that make up the service users of the Formentera Day Centre. At weekly sessions with EMD teachers and a physical therapist from the Day Centre, participants set out to fine tune mobility and boost their “sensory enrichment” with, among other things, music.

The project came together thanks to collaboration between the EMD and the Day Centre—two arms of the Formentera Council. The results will now be studied and, if positive, the project will continue next year.

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