

SATURDAY 3 OCTOBER 2026

Finding Connection through movement



Took part **9**
Where **aikyam space, Fort Kochi**
Run by **Thudippu Dance Foundation**

Facilitators **1**
Club **Dance Club**

Input

What went in **2** Movement-based activities to encourage participation, engagement, and connection within the group. A supportive and non-judgmental space where participants could participate at their own pace and in their own way. Observation of participants' body language, emotional responses, and levels of engagement during movement. Gentle guidance and individual attention to participants who needed additional support.

Time **2 hours**

Activity

Today's session at was a very different and meaningful experience for me. There were seven participants, and Anjali and Aparna, who are also dance facilitators at Thudippu, joined the session as well. The overall energy of the group was quite active and engaging. At the same time, I noticed that a few participants needed a little more attention and support during the session. I tried to create a space where everyone could participate in their own way, without putting too much pressure on anyone. As the session progressed, I could notice different emotions and experiences slowly coming up through movement. Some participants were more expressive, while some needed

more time to connect with the process. I tried to stay present with the group and respond to what was happening in the moment.

Since this was our first session, I consciously did not go deeper into the emotional layers that were emerging. Instead, I stayed more on the surface and focused on helping everyone feel comfortable, engaged, and connected with the movement and with each other. Even at that peripheral level, I could sense that there were many different emotions and personal experiences present in the group. It was interesting for me to observe how movement can bring these things out without directly asking people to talk about them. Overall, the session gave me a lot to observe and reflect on as a facilitator. It was a new experience for me to work with this particular group and in this setting, and I feel that today's session has given me a better understanding of the participants and what they may need in the sessions ahead.

Outcome

Confidence in movement Connection Confidence and ownership Interpersonal relationship

The session created a comfortable and engaging space for participants to explore movement and express themselves in their own ways. It helped me observe different levels of participation, emotional expression, and individual needs within the group. The session also gave me an initial understanding of how each participant responds to movement, interaction, and facilitation, which will help shape the sessions ahead.

(Participants told us)

Learnings

I learned that every participant connects with movement differently and may need different levels of attention, time, and encouragement. As a facilitator, I understood the importance of staying present, observing the group carefully, and responding to their needs rather than following a fixed approach. I also realised that movement can reveal emotions and experiences without participants having to verbalise them, making patience and sensitivity an important part of the facilitation process.

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