

# MINDFULNESS, MUSIC and MOVEMENT

The program begins with relaxing breathing exercises and meditation with the Tibetan bell. For the rest of the program people are singing familiar songs while Denya directs gentle but challenging seated exercises. She ensures the participants have plenty of fun by including a segment of Laughing Yoga as well as songs and body movements which make people laugh. MMM is most useful for the participants when presented on a regular basis, one or two times a month, creating a personal connection with Denya.

## What Denya's clients have to say:

*"I would like you to know how much we appreciate your Mindfulness, Music and Movement. Our clients here at Compass truly enjoy when you come. I see the positive influence your program has on them.*

*– Vanessa Curry, Activities Coordinator  
Compass Adult Day Health  
Harwich, MA*

*"Thank you for the wonderful exercise!"*

*– Harriet, Golden Age Day Center client  
Harwich, MA*

*"It felt really great. It's really relaxing and you're right, [when we are being mindful] everything goes out of your mind."*

*– The Gathering Place client  
Eastham, MA*

*"There is something special that happens with my guests with memory impairment when Denya performs. It is the much needed music therapy engagement program that enhances their quality of life".*

*– Tammy Pozerycki, MA, CADDCT, CFRDT, CDP  
Owner, Pleasantries Adult Day and Consulting Services  
Marlborough, MA 01752*

**Contact Denya today to schedule  
MINDFULNESS, MUSIC and MOVEMENT**

**774.383.3961 • 508.255.5090**