



#### Dr. Peter Lovatt: When You Move, You Improve. Movement Enhances Human Experience



Dr. Peter Lovatt is a Dance Psychologist with a Master's degree in Neural Computation, and a Doctorate in Experimental Cognitive Psychology. He is the Founder of the Movement In Practice Academy, researching the psychology of movement and its impact. Find out how dance impacts cognition from a scientific and neurological perspective, how it develops one's ability for divergent thinking & problem solving, and how it can enhance relational capacity, self-esteem, and quality of life.

#### TOP EMBODIMENT TIP: When You Move, You Improve!!

#### Transformative Impact of Dance:

Learning and growth in dance transfers to life, creating an utterly different experience of feelings, sense of self,
relational capacity, and thought processes. Learning capacity can increase and be applied to life.

#### Dance Psychology Lab:

- The understanding of human movement and dance from a scientific psychological perspective, and the application of that knowledge to enhance people's lives in health, education, and business.
- Studies into the **neurophysiology** of how the brain processes language and movement (our true first language).

### Dance and Cognition: The way your body moves changes the way you think and solve problems.

- Structured, ordered, repetitive movement patterns strengthen Convergent Problem Solving.
- Improvised (unplanned, spontaneous, and creative) movement experiences strengthen **Divergent Thinking.**
- Studies confirm quality-of-life improvements in the neurodegenerative disease of Parkinson's.

### Dance and Self Esteem: Dance is a remarkable tool for raising self-esteem.

- When we get people moving in **natural and non-competitive** dance experiences, we can help increase self-esteem.
- **Everyone can dance.** Dance is the most natural thing in the world.
- Laboratory research is presented, citing findings of self-esteem studies on all ages and genders.

#### Dance in Society: Dance is a critical aspect of a healthy society and needs to be integrated into the mainstream.

- Our society has **banished dance** and body movement to the outskirts, and we need to change that culture, bringing dance into mainstream **society**, **education**, and **healthcare**.
- Repression of dance happens in many societies, due to fear of judgment, body image issues, and the patriarchal framework that devalues and judges it, or defines it as only for certain people, genders, or ages.
- Movement is Dance; Dance is Movement. Dance is a natural and integral part of society in many cultures.

#### Resources

- **Books:** The Dance Cure: The Surprising Science to Being Smarter, Stronger, Happier
- Website: <u>peterlovatt.com</u>, <u>Movement-in-practice</u>
- \* References: <u>Helen Payne</u>, <u>Bernardino Rammazini</u>







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# **Forests Without Frontiers**

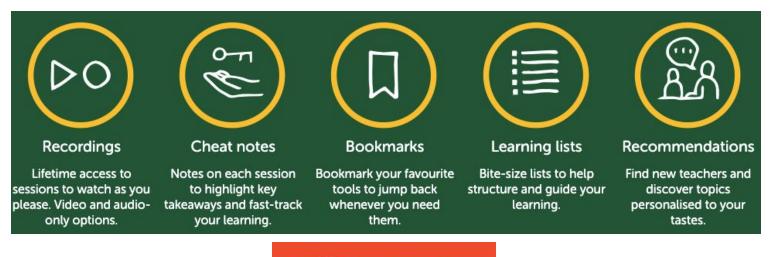


Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transilvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

**OUR MISSION** is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.

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