



Rrishika Kakoty

Moving Tales

MOVE LIKE YOU ALWAYS WANTED TO



About Me

I'm a certified Dance/Movement Therapy facilitator (CMTAI, India), currently completing my Master's in Dance/Movement Therapy at SRH University Heidelberg. With over 20 years of Indian Classical Dance training, I've learned how powerful movement can be, not just as art, but as a way to connect, recharge, and spark creativity. I love creating inclusive, joyful, and energizing workshops where people feel free to move, laugh, de-stress, and discover new sides of themselves. My sessions are about being present, grounding in the body, and walking away feeling lighter, more connected, and ready to bring fresh energy into work and life.





Did you know?





Dance and Movement therapy (DMT) is a practice that uses body movement to express and gain insight into one's psychological and emotional state. The group sessions work towards enhancing interpersonal and intrapersonal connections. It helps an individual to enhance mind-body integration and awareness. DMT also offers enhancement in physical abilities through various movement activities. Like body coordination, mobility, and decreased muscular tension.

DMT is practiced in various set-ups like psychiatric clinics, hospitals, clinics with neurodiverse population as well as with neurotypical populations in schools, corporates, NGOs, old age homes.

Why DMT for Teams?

Benefits

Skill Levels

-  No prior dance skills or knowledge required.
-  Applicable to any age group and population.
-  No choreographed teaching.
-  DMT sessions leverage existing movement preferences of the participant.



Stress management



Build self-esteem and confidence



Focus building



Build healthy relationship with body and image



Improve gross motor skills



Self-care



Personality development



Improve emotional regulation



Enhance social skills

My Proposed Session

Group Dance/Movement Therapy Workshop

Duration:
15-90 mins
(adaptable)



Group size:
8-10 pax



Style:
Interactive, fun,
grounding, and
inclusive



Outcomes:
Relaxation,
creativity, stronger
team bonds



✦ Upon approval, I will provide a detailed proposal with session structure, timing, and options tailored to your needs.



Thank You

Thank You

Contact

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