



FAQS

WHAT AGES CAN DO THE PROGRAM WITH CHLOE?

The minimum age is 3, 6 is the maximum age.

WHAT ACTUALLY HAPPENS DURING EACH SESSION?

We chime in, check in with our feelings as a group and explore our 'magic bubble'. Then we enjoy a fairytale connected to the chakra of the week and dance it to life. After this, we create our own mandala art and share in circle. Followed by relaxation. This combination of auditory, somatic and creative experiences leads to much deeper, more engaged and long-lasting learning.

CAN ADULTS DO THESE SESSIONS TOO?

No, these sessions are just for the specific age group. There are adult Chakradance programs held by other facilitators.

HOW LONG IS EACH SESSION?

Classes are designed to be run for around 40-60 minutes, however we also have options for 30 minutes sessions that can be particularly helpful to integrate into the school curriculum or kindy day.



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IS CHAKRADANCE RELIGIOUS?

No, Chakradance™ Kids is deliberately designed to be inclusive and non-denominational. However, we do talk about chakras and the energy system as equally as we talk about the physical, mental and emotional bodies. We are all about the child's "whole-being."

WHAT HAPPENS AFTER THE PROGRAM HAS FINISHED?

We highly recommend that children experience the same series a number of times.

Repetition enables children to gain a deeper learning and understanding of the concepts and wellbeing tools they are taught in these classes

CAN I STAY WITH MY CHILD DURING THE SESSION?

If your child needs you to stay in the room with them, we ask you to sit quietly at the back of the room and not to be in participation with your child, as this distracts them and all the other children. It is optimal for parents to wait outside during the session, but we understand this isn't always possible with small children.



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IS THIS PROGRAM SUITABLE FOR NEURODIVERSE CHILDREN?

This depends entirely on the child, it may be more beneficial for them to participate 1-1, either in person or online which we could discuss further on a call.

WHAT ARE THE BENEFITS FOR MY CHILD?

With Chakradance™ Kids, your child can learn valuable skills such as mindfulness, self-expression and self-care all whilst having fun, calming anxiety and connecting with others. These skills can help them to navigate life's challenges with more ease and inner strength. We nurture the confidence and magic within each child, empowering them for a lifetime. This isn't just a dance class, it's a journey of transformation and discovery where each child shines in their own beautiful way and feels a sense of connection and belonging in themselves. This naturally ripples out into their family life and the world around them.

HOW LONG IS THE PROGRAM?

It's a 9 week program, following the 7 chakras with an opening and closing session.

WHAT IF WE HAVE TO MISS A SESSION?

It may be possible to join for the session that was missed on the next program, that is subject to availability.