**FOR IMMEDIATE RELEASE**

**New Research Demonstrates the Transformational Benefits of Sensual Dance to Women**

**BOULDER, CO**, May 20, 2017 – The first scientific research on the effects of a program of sensual

movement and dance for women was published recently in the international ***Journal of Dance,***

***Movement and Spiritualities*** in an article entitled “Reconnecting to the Feminine: Transformative

Effects of Sensual Movement and Dance.”  The research reports on the experiences of women

participating in an 8-week pilot study co-designed by Lisa Fasullo M.A., M.S.W., John Lurquin M.S.,

and Gerard Bodeker PhD. The pilot study demonstrates statistically-significant increases in the

physical, psychological and emotional elements measured. Even more notably, all participants in

post-study evaluations reported feeling more elevated and confident, with a renewed sense of ease

and a decrease or alleviation of self-consciousness.

This scientific research offers new insight into women’s deep curiosity and compelling desire to

understand and explore their sensuality, whether the woman is a blossoming teenage girl, busy new mom, middle-aged career woman, or a grandmother. Yet the study also revealed how this curiosity and excitement is consistently paired with varying degrees of confusion, shame and repression. The research was designed to address this discrepancy, and the method was instrumental in helping women to re-discover their innate and essential sensuality.

The findings of the study reveal the physical, emotional, social and spiritual benefits to women through learning a simple, fun and sensual style of free-form movement that can be practiced daily at home, similar to martial arts or yoga. It was the experience of incorporating elements of this therapeutic movement modality off the dance floor -- at home and during daily routines between weekly study sessions -- that created noticeable and documented changes in different parts of the participants’ lives including career, motherhood, relationships and self-image.

The methodology used in the study is based on the premise that, when women are given the environment to move and dance freely, they can experience sides of themselves that are more self-expressed, enlivened, and happy.  The program objective is for participants to feel more uplifted, energized, and confident, both on and off the dance floor.

The movement genre explored over the 8 weeks of the study is based on blending traditional therapeutic healing modalities with movement-based, creative arts, using a 3-pillared approach:

            1. (Mental/Emotional) ……………………    Conceptual Learning

            2. (Physical Self-Expression) ……………  Instruction in Movement /Free Expression

            3. (Processing/Social/Connection) …..   Group Discussion

Eight women participants between the ages of 18-70 years were assessed both quantitatively and qualitatively. The results of the pre/post quantitative assessment, using formal pre/post psychological questionnaires, showed statistically-significant increases in the psychological and emotional elements measured.  Even larger transformational gains were expressed through the qualitative data collected through pre/post verbal interviews, participant self-assessments, and facilitator observations. The women reported and demonstrated positive shifts in their own senses of sensuality, increased confidence, decreased levels of self-consciousness, and increased overall senses of wellbeing.

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The research was designed to address the supposition that many women in American culture have

become overly reliant on the mental, cerebral and analytical parts of themselves.  The research method

blends these mental elements with more primal, expressive and creative elements. Both the analytical and the expressive components were demonstrated as valuable in helping the women more effectively and effortlessly navigate the world around them.

Further research will incorporate new assessment methods along with traditional ones to better measure the effects of sensual movement and dance and will apply them to different populations throughout the culture.

**About Lisa Fasullo**:

As founder and director of The Center for Transformative Movement, Lisa combines her master’s degrees in both Health Education and Social Work with her love of dance to create therapeutic and transformative environments where people discover self-expression through movement and renewed personal creativity, inner-strength and confidence. In both public and private classes, she has guided thousands of individuals - of all ages and walks of life - to use dance as a practice similar to martial arts or yoga, resulting in benefits both on the dance floor, as well as in other parts of life, including career, relationships, parenthood and self-image.

**Source Materials**:

* A one-page abstract of the published article is attached.
* The published research article in its entirety is attached.
* <http://www.dance-somatics-and-spiritualities.com/academic-journal>

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