



Dance Studio
Where Dance is an Education

 stepsdanz@gmail.com

 +91 99598 01230



www.stepsdanz.com

The Steps Corporate Dance Therapy Programs

A set of Dance Therapy programs that help relax the mind making it more agile and productive. Our network of globally trained and certified instructors are experienced in working with all age groups to promote dance both as a therapy and as an art form.

Our corporate dance therapy programs can be customized to meet your team's goals and objectives. Ideal for small and large groups we aim to help people cope with various stress factors, leaving them better equipped to juggle the various facets of their lives. We offer weekly or monthly packages at economical prices.

Contact us for more details and to know more about our introductory offers.



OUR PACKAGES

Stretching at Work

Learn to relax your body and mind with some simple stretches and movements that help relax your body and mind. These help sharpen the mind, making it more agile and productive at all times.

Contemporary Dance Sessions

We offer training in a wide range of contemporary dance forms, including Hip-Hop, Jazz Ballet, Jazz Funk and zumba. This is ideal for anyone in pursuit of a happy mind and body.

Team Building Sessions

Scientifically designed dance programs aimed at facilitating team bonding and enhancing understanding within team members

Choreography Sessions

Special training sessions to commemorate important company milestones or events

Introductory Offers Available Starting From

Rs. 3500/- Per Session Only!

*terms and conditions apply

BENEFITS OF THE CORPORATE DANCE THERAPY PROGRAMS

-  Relieves Stress.
-  Aids in Relaxation
-  improves Communication Skills
-  Builds Camaraderie within team members
-  Builds self-awareness and self confidence
-  Great ice-breakers and a lot of fun!

Head Office
Plot No 16,8-2-675/1/b,
Road No. 13,
Banjarahills.
Hyderabad - 500034 India



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