

# PROJECT "FAIR PLAY 4 INCLUSION"

## BIODANCE

On Friday 29<sup>th</sup> October **ENTREJUEGOS** organised a biodance activity for the project "FAIR PLAY 4 INCLUSION" (Erasmus+ Sport).

Four young people enjoyed this practice for the first time, which has the same objective as other disciplines, such as yoga, but which includes the experience with the other and with the group.

Biodance uses a proposal of movements accompanied by music that seek to promote a harmonious integration of body, mind and emotions to achieve the connection with oneself and with the environment.

With this activity we continue working on one of the objectives of the project, which is to promote healthy physical and mental habits.

Thanks to Ana for directing this activity for **ENTREJUEGOS**.



## FAIR PLAY 4 INCLUSION

### BIODANZA

**ALAMEDA (MÁLAGA), 29 DE OCTUBRE 2021**





Co-funded by the  
European Union

**Links of the Facebook and Instagram Advertisement Post:**

[https://m.facebook.com/story.php?story\\_fbid=558360518750925&id=100037309450680](https://m.facebook.com/story.php?story_fbid=558360518750925&id=100037309450680)

<https://www.facebook.com/299217374314371/posts/886650512237718/>

[https://www.instagram.com/p/CVhvLNNtQ/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CVhvLNNtQ/?utm_medium=copy_link)



## **FAIR PLAY 4 INCLUSION**

**BIODANZA**

**29 DE OCTUBRE DE 2021, 19H**

**PEÑA MADRIDISTA**



**asociacionentrejuegos@gmail.com**



**<https://asociacion-entrejuegos.weebly.com/>**



**@asociacionentrejuegos**



**@asociacion\_entrejuegos**



### **Links of the Dissemination Post of the activity:**

[https://m.facebook.com/story.php?story\\_fbid=570526127534364&id=100037309450680](https://m.facebook.com/story.php?story_fbid=570526127534364&id=100037309450680)

<https://www.facebook.com/299217374314371/posts/899635540939215/>

[https://www.instagram.com/p/CWX8SeRN1JJ/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CWX8SeRN1JJ/?utm_medium=copy_link)

### **News in the Website:**

<https://asociacion-entrejuegos.weebly.com/biodanza-octubre-2021.html>

**Date:** 29/10/2021

**Venue:** Alameda, (Málaga) - SPAIN

**Activity carried out:** Biodance (1h 30 min)

**Aims:** Promote physical activity during leisure time, prevent unhealthy habits, promote the inclusion of young people with functional diversity through sports activities.

***Target Group:***

**Number of participants:** 4 youth (1 youth with functional diversity)

**Direct Beneficiaries:** Participants, volunteers, Local Community.

**Indirect Beneficiaries:** youth of our local community, public services of the Municipality of Alameda, members and volunteers of our association, others organisations, project's partners.