

## **Ellen van de Gruiter**

Is dance expression teacher since 1985 and international Sherborne courseleader since 2001.

She started with 3 other courseleaders in Holland the Coregroup Sherborne Nederland which is since 2015 transmitted in The Association Sherborne Nederland. She is the secretary of the association and ISCO representant.

She gives basic courses and workshops in SDM in all kinds of working fields: workers with mental handicapped people, blind people, in youth care; teachers in educational circus, basic- and special needs schools.

Workshops Creativity and Laban Movement Analysis and – Observation in several APC's.

Since 2004 she has her own business: Just Dance Utrecht. For 10 years she was a dance expression teacher in a School for children with Severe Learning Difficulties.

She did Sherbornework with parents and child/children with attachment problems and lack of basic trust.

She is now giving Sherborne courses to students in intermediate vocational education and coaching them in their traineeships on Institutes for mental limited people.

She is also transferring these experiences into the practice of "everyday" workers in institutes for intellectual and fysical disabled people, specially multiple complex handicapped people.

She gives weekly dance expression courses for adults.

Overall motto: Dance is dare to be.

[www.ellenvandegruiter.nl](http://www.ellenvandegruiter.nl)

[www.justdance-utrecht.nl](http://www.justdance-utrecht.nl)