



# SHE Moves

## ADULT & YOUTH DANCE SESSIONS FOR WOMEN

For female & non binary refugees & asylum seekers.

Starting 7<sup>th</sup> January 2026!

Adult sessions include classical Persian dance, yoga & meditation.

Youth sessions will focus on contemporary, commercial & hip hop dance.



- \* **FREE**
- \* **TRAVEL COSTS COVERED (Bus pass)**
- \* **ALL LEVELS WELCOME**
- \* **A fun, relaxed space for you to meet people & move**

### Wednesday's:

**ADULTS (18+) 10.30AM-12.00PM**

**YOUTH (12-21YRS) 4.15PM-5.45PM**



At The  
**BARNFIELD  
THEATRE,**  
Barnfield road,  
Exeter,  
EX1 1SN

**REGISTER NOW**



**07450036721**



**shemovesexe@gmail.com**



**@companyshecic**





# SHE Moves



**Do you want a free, safe, relaxed space to move your body?  
Are you a female refugee or asylum seeker living in Exeter?  
This programme is for you!**

**To sign up, scan the QR code below, you will be asked to fill in a short form (name, age & email or phone).**

Once you have signed up you will be invited to a whatsapp group where information is posted each week.

**REGISTER NOW**



## **ADULTS 10.30am–12.00pm**

- For adult women (& non binary people).
- Open to Mothers with babies and very young children up to 1.5 yrs.
- We will cover your bus fares.
- Relaxed, social dance sessions, using classical Persian dance, yoga & meditation

## **YOUTH 4.15 – 5.45pm**

- For teenagers & young people aged 12–21 years.
- OPEN TO 2<sup>ND</sup> GENERATION GLOBAL MAJORITY YOUTH (e.g. if your parent is/was a refugee/asylum seeker/migrant to the UK - you can join.)
- Female & non binary youth.
- We will cover your bus fares.

## **Who are we?**

Company SHE is run by Maria Tarokh, a British Iranian dancer, teacher & choreographer. Maria is a 2<sup>nd</sup> generation Iranian, the daughter of a refugee. Maria leads SHE Moves adult & youth sessions with support from local teachers.

**EXETER  
NORTHCOTT  
THEATRE**



**SPORT  
ENGLAND**