



**DANCEABILITY AZERBAIJAN COMPANY**  
**“EVERY BODY HAS A STORY TO TELL”**

**THE MISSION OF  
DANCEABILITY AZERBAIJAN & ALL  
DANCEABILITY ORGANISATIONS WORLDWIDE**

**is**

**to dissolve barriers &  
connect people with & without disabilities**

**through:**

**Inclusive workshops  
Teacher Training Programs  
Mixed-abled inclusive performances**

**METHOD SUPPORTS:**

**self-empowerment  
participation fully in expressing their  
creative choices respecting one's own limits**



SOME INFO ABOUT THE  
UNIQUENESS OF  
DANCEABILITY METHOD

## THE DANCEABILITY METHOD IS ONE OF THE MOST **PROFOUND OF MIXED- ABILITIES TRAININGS** IN THE WORLD

DanceAbility is the **award-winning** and world-renowned **method** and **curriculum**.

This **method** was recognized as a **global innovator for inclusion** by the Zero Project, presenting at the United Nations building in Vienna in 2019.

DA method trainings happen all over the globe.



## **THE DANCEABILITY METHOD DEALS WITH:**

- Disability
- Health & Wellness
  - Children
  - Bullying
- Elderly People
  - The Arts
- Wounded Soldiers
- Globally supports relationships between different countries

## THE METHOD BASED ON 4 PRINCIPLES

Sensation - Self

Relationship - Other

Time - Community

Design - Environment



## **BENEFITS OF DANCEABILITY METHOD:**

By creating **WELCOMING, SAFE & NON-JUDGEMENTAL SPACE** we bring **together people with and without disabilities** of various ages, religious, professional and life backgrounds. We providing support to **skills** and developing **qualities** such as:

Self-expression

Creativity

Communication

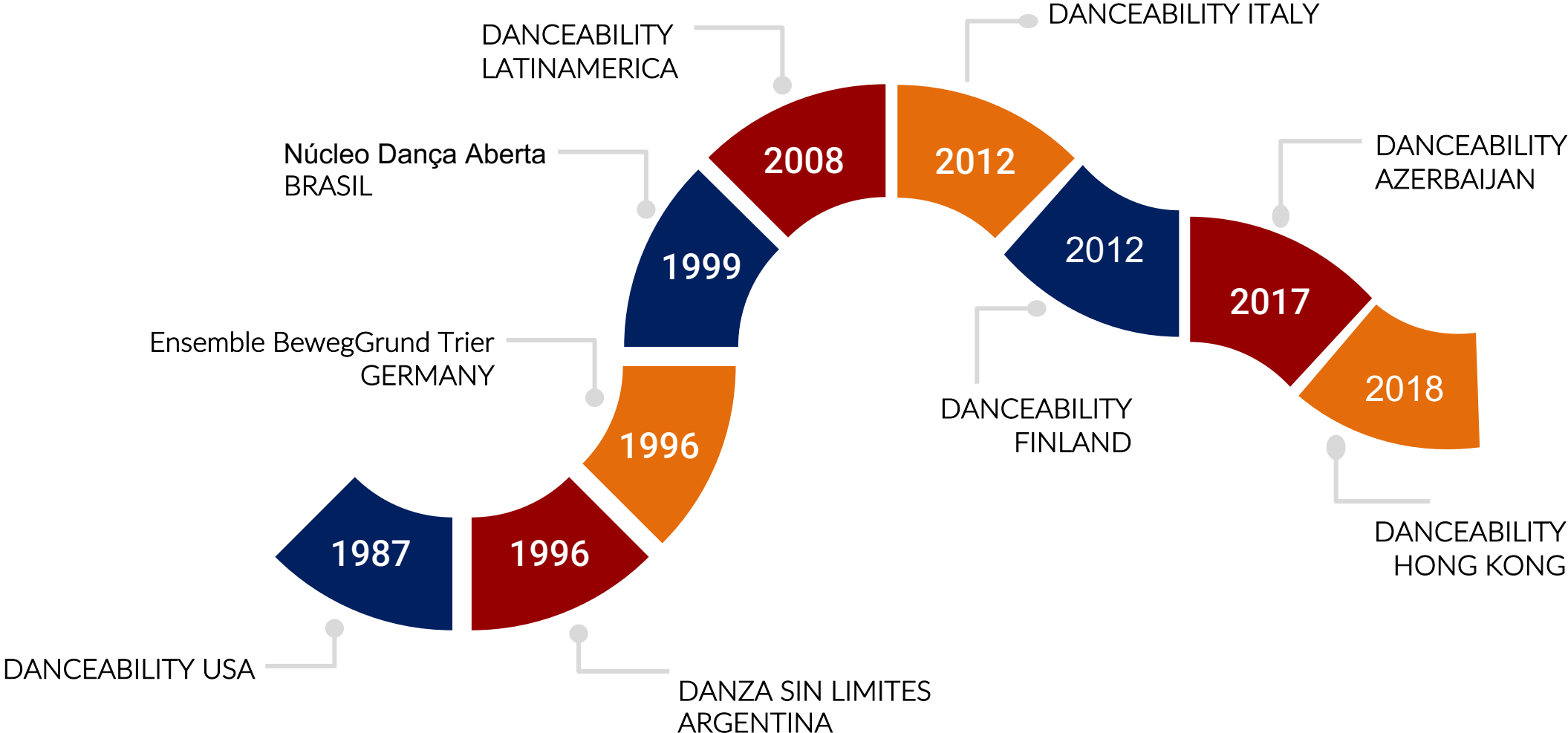
Empathy

Helps to improve mental &  
physical health

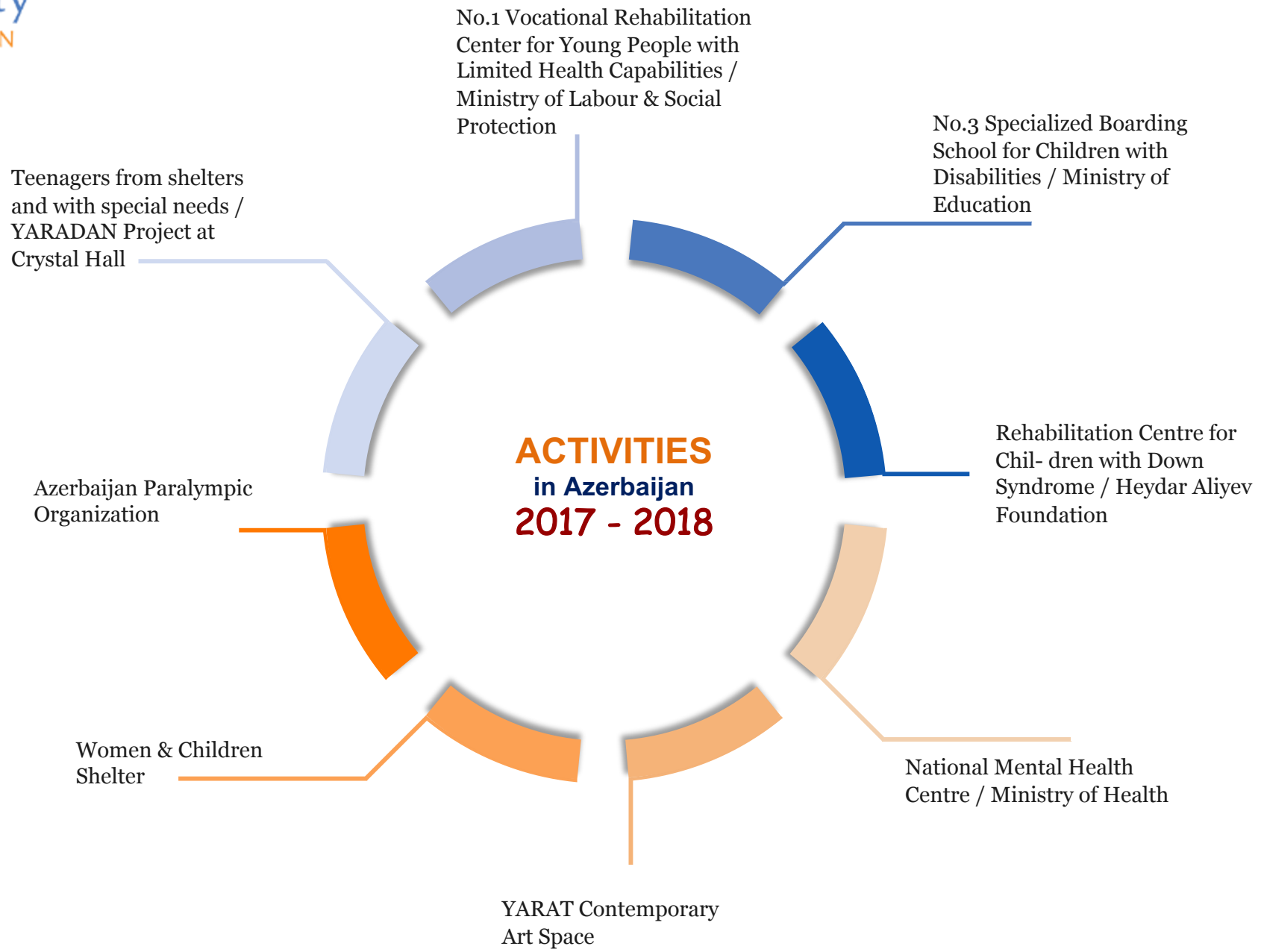


# DANCEABILITY ORGANISATIONS WORLDWIDE

**operates in USA since 1987**  
**with 700 certified teachers & 28 master teachers worldwide**







INFO ABOUT THE  
30 HOURS TEACHER TRAINING  
OF DANCEABILITY METHOD

## DANCEABILITY METHOD TRAINING

Our **2 months online** or 5 days offline training helps to learn for providing a supportive atmosphere for people with and without disabilities to exploring the beauty and joy of communicating through the universal movement language.

DanceAbility® method is an ideal way for people with various mental and physical disabilities & for people without disabilities **to meet on common ground where creativity is based on equality, not on specific skills.**

## **DANCEABILITY METHOD TRAINING**

By providing DanceAbility method training for health workers, psychologists, workers at rehabilitation and mental health centers, teachers at school & universities, social workers & embodiment instructors we are increasing the number of qualified specialists who can lead the inclusive practices for people with & without disabilities.

This practice will help **increase the quality of living** as well as bring **impact for development society based on INCLUSION, DIVERSITY & EQUALITY.**

## **DANCEABILITY METHOD TRAINING**

**“Mutual learning facilitates an equal evolution of society.”**

Through DanceAbility method workshops we are able to achieve decrease in isolation, separation – which will help to **improve mental and physical health.**

The implementation DanceAbility method will help communities of adults, youth and children experience the **benefit of being together in physical activity and artistic expression.**

This **changes the perception and experience of relationships between all people.**

**SINCE 2019**  
**WITH THE SUPPORT OF HEYDAR ALIYEV FOUNDATION**  
**WE EXPANDED OUR ACTIVITIES & DIRECTIONS**



Inclusive movement workshops offline for people with & without disabilities in YARAT



Informative seminars and inclusive workshops at SCHOOLS & UNIVERSITIES

By creating equal opportunities for people with & without disabilities we PRESENTED MIXED-ABLED PERFORMANCES in YARAT & Heydar Aliyev Center



Online & offline movement therapy programs for wounded soldiers



Online movement therapy programs for people of all ages & abilities  
Women sharing circles



**OUR PREVIOUS PROJECTS:**

## **“We Are All Connected” Inclusive Interactive Performance Formula 1 SOCAR Azerbaijan Grand Prix 2019**





## 2019 PROJECTS: “THE ART OF BEING TOGETHER”

Open practices of meditation, inclusive movement therapy programs based on DanceAbility® method were held in a number of high schools, universities and the Museum of Azerbaijani Painting of the XX-XXI Centuries during the project.

Additionally, several participants were employed as a result of the “Increasing employment opportunities for persons with disabilities” trainings.

Another successful outcome of the project was the creation of “Inclusive Performance Group” consisting of mixed-abilities group of people.

Please click here to watch, Teaser of project: <https://youtu.be/uK3Q1Dje6kA>;  
Full version with interviews: <https://youtu.be/whtwnYUIOKY>



HEYDAR ALIYEV  
FOUNDATION



Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra

Swiss Agency for Development  
and Cooperation SDC



MINISTRY OF EDUCATION  
REPUBLIC OF AZERBAIJAN



RAPID  
SOLUTIONS

YARAT  
FREESTYLE



**2019 PROJECTS: THE ART OF BEING TOGETHER**  
**PHOTOS FROM INCLUSIVE MOVEMENT WORKSHOPS**



**2019 PROJECTS: THE ART OF BEING TOGETHER**  
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**2019 PROJECTS: THE ART OF BEING TOGETHER**  
**PHOTOS FROM INCLUSIVE MOVEMENT WORKSHOPS at SCHOOLS**



**2019 PROJECTS: THE ART OF BEING TOGETHER**  
**PHOTOS FROM INCLUSIVE MOVEMENT WORKSHOPS**  
**at INCLUSIVE EDUCATION SCHOOLS**



## 2019 PROJECTS: THE ART OF BEING TOGETHER PHOTOS FROM FINAL PERFORMANCE PROJECT IN YARAT



**2019 PROJECTS: THE ART OF BEING TOGETHER**  
**PHOTOS FROM FINAL PERFORMANCE PROJECT IN YARAT**





## 2019 PROJECTS: “INSPIRATION THROUGH ART”

### MUSIC & DANCE GALA EVENT CULTURAL EXCHANGE PROGRAM

The project aimed at creating **equal opportunities for people with and without disabilities**, and delivering the significance of building an inclusive society.

A joint gala event was produced *as a result of an exchange of experiences between artists* from the “NAZARENO Cooperativa Sociale” (Italy) and “DanceAbility Azerbaijan” performance company.

MUSIC & DANCE gala event was performed in Heydar Aliyev Center.  
STEP performance: [https://youtu.be/PoN4BwdPS\\_8](https://youtu.be/PoN4BwdPS_8)



HEYDAR ALIYEV  
FOUNDATION



unicef  
unite for children



Ambasciata d'Italia  
Baku



NAZARENO  
COOPERATIVA SOCIALE



**2019 PROJECTS: INSPIRATION THROUGH ART**

**PHOTOS FROM CULTURAL EXCHANGE PROGRAM  
BETWEEN NAZARENO (ITALY) & DANCEABILITY AZERBAIJAN**



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## 2019 PROJECTS: INSPIRATION THROUGH ART

### PHOTOS FROM CULTURAL EXCHANGE PROGRAM BETWEEN NAZARENO (ITALY) & DANCEABILITY AZERBAIJAN



**2019 PROJECTS: INSPIRATION THROUGH ART**

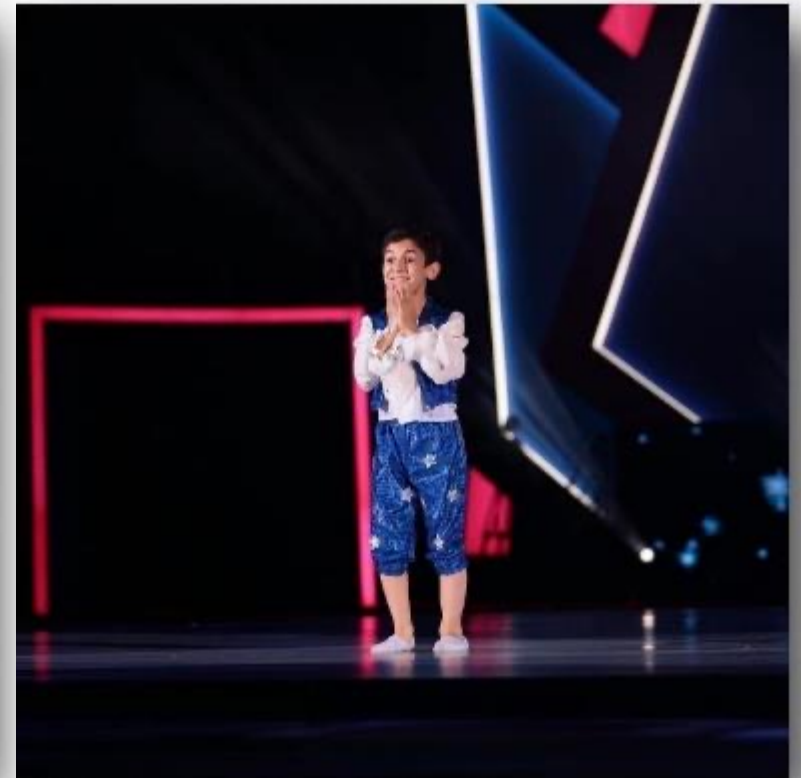
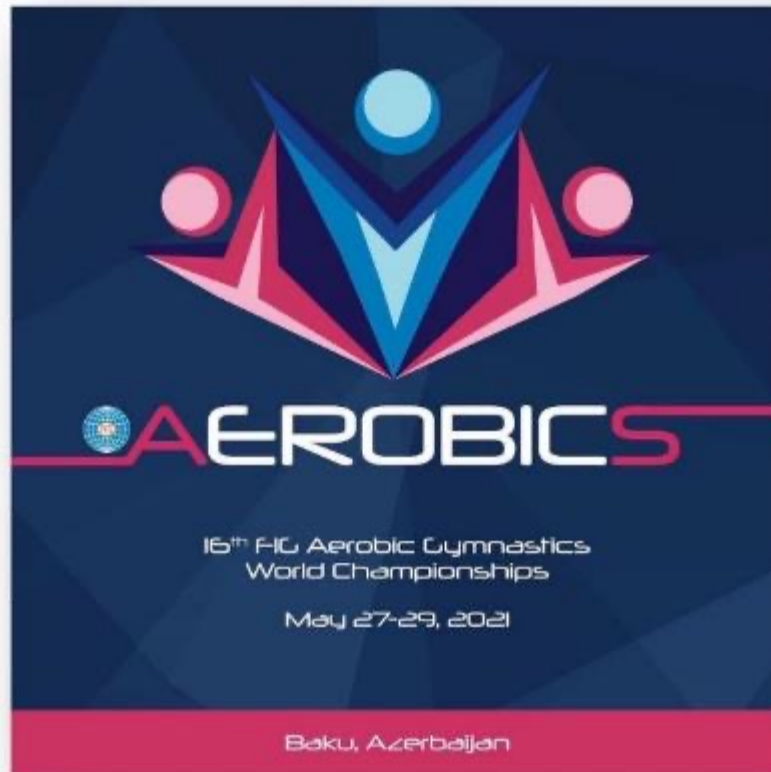
**PHOTOS FROM CULTURAL EXCHANGE PROGRAM  
BETWEEN NAZARENO (ITALY) & DANCEABILITY AZERBAIJAN**



**2019 PROJECTS: INSPIRATION THROUGH ART**  
**PHOTOS FROM CULTURAL EXCHANGE PROGRAM**  
**BETWEEN NAZARENO (ITALY) & DANCEABILITY AZERBAIJAN**



**2021 EVENTS: LOOK INTO MY HEART**  
**PHOTOS FROM OPENING CEREMONY OF  
AEROBIC GYMNASTICS WORLD CHAMPIONSHIPS**





## 2021 PROJECTS:



# HOW WE ACHIEVED?

# WHAT was OUR GOAL?

THROUGH ONLINE  
Movement Therapy Program  
to CREATE A COMMON ground  
for PEOPLE WITH & WITHOUT  
DISABILITIES for  
physical activity &  
*creative expression*  
*of all people.*



TO CONNECT  
MORE THAN  
**450 people**  
with & without  
**disabilities**  
in order  
to decrease isolation and  
separation in our community

# ONLINE INCLUSIVE MOVEMENT PROGRAM BASED ON DANCEABILITY METHOD

Our **6 months** program created a supportive atmosphere *for people with and without disabilities* to exploring the beauty and joy of communicating through the universal movement language.

DanceAbility® method is an ideal way for people with *various mental* and *physical disabilities* & *for people without disabilities* **to meet on common ground where creativity is based on equality, not on specific skills.**

*please see below our every week, 6 months continuously activities:*

350+

## TEENAGERS & ADULTS

More than 350 people older than 14 years old benefited from *online inclusive Movement programs* once in a week, as well as *inclusive practices in Ganja & Zagartala in June, August & September.*

50+

## KIDS

More than 50 kids between 5-14 years old benefited from *online inclusive movement program* once in a week.

40+

## WOMEN

More than 40 women between 18-40 years old benefited from *Embodiment practices & Women Sharing Circles Online & Offline sessions in YARAT center, Baku.*

35+

## Wounded soldiers & veterans of Patriotic War

More than 35 veterans between 22-40 years old benefited from *inclusive Movement programs online* as well as *offline inclusive practices in Ganja & Zagatala.*

350+

## TEENAGERS & ADULTS

More than 350 people older than 14 years old benefited from *online Active Meditation programs* once in a week, as well as *inclusive meditations practices in Ganja & Zagatala.*

30+

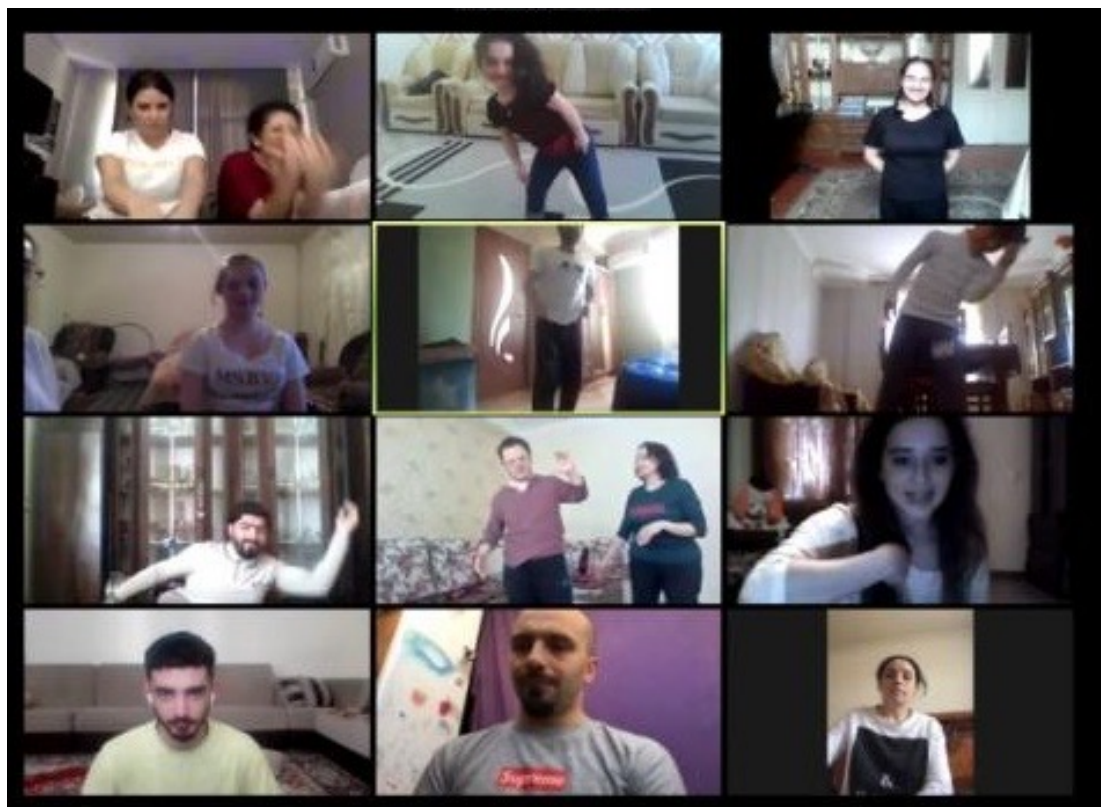
## TEENAGERS & ADULTS

More than 30 people between 11-57 years old benefited from *online ENGLISH Conversation Club* once in a week.

**SOME PHOTOS FROM  
ONLINE INCLUSIVE WORKSHOPS:**

**“EVERY BODY HAS A STORY TO TELL”** *6 month project in 2021*

**ONLINE INCLUSIVE MOVEMENT PROGRAM** *based on DanceAbility method*



**“EVERY BODY HAS A STORY TO TELL”** *6 month project in 2021*  
**ONLINE INCLUSIVE MOVEMENT PROGRAM** *based on DanceAbility method*



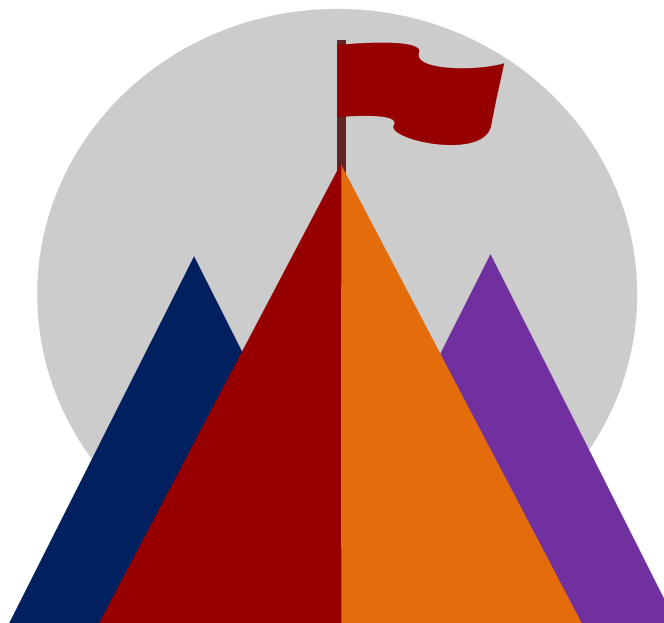
FROM WHICH **REGIONS OF AZERBAIJAN**  
PEOPLE WITH & WITHOUT DISABILITIES  
PARTICIPATED in our  
ONLINE INCLUSIVE MOVEMENT WORKSHOPS?

<b>ABSSHERON</b>	<b>BAKU</b>	<b>KURDAMIR</b>	<b>LANKARAN</b>	<b>SABIRABAD</b>
<b>AGHJACABEDI</b>	<b>BARDA</b>	<b>KHACHMAZ</b>	<b>MASALLI</b>	<b>SUMGAYIT</b>
<b>AGDAM</b>	<b>BALAKAN</b>	<b>KHIRDALAN</b>	<b>MINGACHEVIR</b>	<b>SHAKI</b>
<b>AGDASH</b>	<b>BEYLAGAN</b>	<b>QUBA</b>	<b>SAATLI</b>	<b>SHAMAKHI</b>
<b>AGSU</b>	<b>BILASUVAR</b>	<b>QUSAR</b>	<b>SALYAN</b>	<b>SHABRAN</b>
<b>AGSTAFI</b>				<b>SHIRVAN</b>

**REGIONS OF AZERBAIJAN WHICH PARTICIPATED ONLINE INCLUSIVE MOVEMENT WORKSHOPS:**

**GAKH**  
**GANJA**  
**GADABAY**  
**GOYCHAY**  
**GORANBOY**

**IMISHLI**  
**ISMAYILLI**  
**ISTANBUL, TURKEY**  
**JALILABAD**  
**JABRAYIL**



**TARTAR**  
**TOVUZ**  
**YEVLAKEH**  
**ZAGATALA**  
**YEVLAKEH**  
**ZAGATALA**



**“EVERY BODY HAS A STORY TO TELL”**  
***6 month project in 2021***

*As the number of people infected of COVID-19 fell, we decided to held our inclusive workshops in different part of Azerbaijan.*

*On **26-27 June**, 2021 we held two days **inclusive workshops** for **people with & without disabilities** of different ages and **injured veterans** in **Heydar Aliyev Center, ZAGATALA.***



**“EVERY BODY HAS A STORY TO TELL”** *6 month project in 2021*  
**INCLUSIVE MOVEMENT PROGRAM** *based on DanceAbility method*

*HEYDAR ALIYEV CENTER, ZAGATALA, 26-27 JUNE, 2021*



**“EVERY BODY HAS A STORY TO TELL”** *6 month project in 2021*  
**INCLUSIVE MOVEMENT PROGRAM** *based on DanceAbility method*

***HEYDAR ALIYEV CENTER, ZAGATALA, 26-27 JUNE, 2021***



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***HEYDAR ALIYEV CENTER, ZAGATALA, 26-27 JUNE, 2021***



**“EVERY BODY HAS A STORY TO TELL”**  
***6 month project in 2021***

*As the number of infections of COVID-19 fell, we decided to held our inclusive workshop in different part of Azerbaijan.*

*On **26-27 August**, 2021 we held two days inclusive workshops for **people with & without disabilities** of different ages and **injured veterans** in **Heydar Aliyev Park Complex & Amphitheatre, GANJA.***

**“İNKLÜZİV HƏRƏKƏT PRAKTİKALARI”**  
**PROQRAMI**  
26-27 AVQUST, 18:30-20:30



16 YAŞDAN YUXARI HƏR KƏS İŞTİRAK EDƏ BİLƏR  
AMFİTEATR, HEYDƏR ƏLİYEV PARK-KOMPLEKSİ, GƏNÇƏ



HEYDƏR ƏLİYEV  
PARK FESTİVALI

DanceAbility  
AZERBAIJAN

HEYDƏR ƏLİYEV  
FONDU

Riib Regional Inkişaf  
İctimai Birliyi



**“EVERY BODY HAS A STORY TO TELL”** *6 month project in 2021*  
**ONLINE MOVEMENT PROGRAM** *based on DanceAbility method*

**Heydar Aliyev Park Complex & Amphitheatre. GANJA, 2021**



## **“EVERY BODY HAS A STORY TO TELL”**

***6 month project in 2021***

*As the number of people infected of COVID-19 fell, we decided to held our inclusive workshops in different part of Azerbaijan.*

*On **16 September**, 2021 we held two days inclusive workshops for people with & without disabilities of different ages in **Boyukshor Boulevard, Sabunchu, Baku.***



**“EVERY BODY HAS A STORY TO TELL”** *6 month project in 2021*  
**INCLUSIVE MOVEMENT PROGRAM** *based on DanceAbility method*

***BOYUKSHOR BOULEVARD, BAKU, JUNE, 2021***



"MY BODY HAS A STORY TO TELL"

DOCUMENTARY MOVIE

## WHAT WAS THE AIM ABOUT THIS DOCUMENTARY?

Our aim to filming this documentary movie was to share with people **how we are all connected** and to *give peaceful message to the world.*

In this documentary movie was filmed wounded soldier and *fallen soldier of Patriotic War Rafael Aliyev's daughter Gunel Aliyeva*, who was one of the *main character* of this documentary.

## SYNOPSIS OF DOCUMENTARY FILM:

Each character of this film has **their unique story to tell.** As they join DanceAbility®practices, their stories **begin to merge** and **resonate with one another**, as well as with the dance teacher.

They are suddenly **not alone in life.** Characters *discover an invisible connection* between *themselves that runs very deep and can only be lived.*





# EVERY BODY HAS A STORY TO TELL DOCUMENTARY MOVIE



# EVERY BODY HAS A STORY TO TELL DOCUMENTARY MOVIE



Bəzən sadəcə əylənirik



**3 January 2022**  
**EXPO 2020 DUBAI**  
**AZERBAIJAN PAVILION**

**"EVERY BODY HAS A STORY TO TELL"**  
*interactive inclusive performance*

The performance **explored the invisible connection** between the bodies, communication between people with & without disabilities **through universal body language.**

It focuses on the importance of sharing the stories in an **environment** that is safe and **free of judgment**, as well as explores the **art as a form of healing.**



Since **OUR INCEPTION** we have continued to garner quite an impressive mentioning in the local news both online and in print.

**WE AIM to SPREAD OUR MESSAGE OF INCLUSIVITY & DIVERSITY** even more within **AZERBAIJAN & WORKWIDE** during the project duration.

WHAT'S ON | EXHIBITIONS | PUBLIC PROGRAMS | RESIDENCY | FRIENDS | SUPPORT | PRESS | ABOUT | ACADEMY | EVENTS | FREESTYLE | FILM CLUB | LITTLE YARAT | TALKS | ART YOGA | READING CLUB | WORKSHOPS | THEATRE CLUB



**FREESTYLE: ALL BODIES SPEAK! WORKSHOP WITH NIGAR SULTANOVA-YILDIRIM**

10 Sep - 30 Sep 17

YARAT Freestyle & Dance Ability Azerbaijan company invites everyone to take part in "Dance Ability - Inclusive Dance" workshop with Nigar Sultanova-Yildirim.

**"DanceAbility - Inclusive Dance" workshops end in Baku [PHOTO]**

By Leman binaylova

"DanceAbility - Inclusive Dance" workshops that was held in Baku for the first time ended with demonstration of participants' final performance.

Two-day workshops and final performance was held at Yarat Contemporary Art Center with Support of "Rapid Solutions Company". Accredited diplomatic representatives and artists also

**DANCEABILITY – ИНКЛЮЗИВНЫЙ ТАНЕЦ**

Классы по танцу педагогом Нигар Султановой-Йылдырым и International Dance Company LLC в Баку проводятся с участием людей с ограниченными возможностями и профессиональных артистов.

**«DanceAbility»: новое направление танца, которое делает человека счастливым, теперь в Баку – ФОТО – ВИДЕО**

Недавно в Пространстве современного искусства YARAT прошел воркшоп под руководством Нигар Султановой-Йылдырым, объединивший желающих познать свой внутренний мир посредством движений, среди которых были также люди с ограниченными физическими возможностями.

«DanceAbility» или инклюзивный танец – это относительно новая танцевальная методика, основанная на эмпативности и оказывающая

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**clusive "DanceAbility" classes hold in Azerbaijan**

FreeStyle & DanceAbility Azerbaijan companies hold "DanceAbility" inclusive classes for the first time in Baku, AzVision.az reports.

**AzVision.az**

Classes are taught by dance pedagogue Nigar Sultanova-Yildirim. The classes are suitable for everybody, professional & non-professional dancers, people with visual impairments, hearing impairments, mental & physical disabilities, people with autism & down syndrome and anybody who is interested in exploring their own body and trying different ways of communication. DanceAbility classes help develop sensory awareness, intuition, creative process, listening and connection. This in turn creates community, inclusion and a sense of well being. Classes are fun and give each person the opportunity to express their individuality. Along with Azerbaijan, DanceAbility exists in Austria, Finland, Germany, Hong Kong, Mexico & Uruguay as well.

:

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# AZERNEWS

Monday February 7 2022

↑	LATEST	NATION	WORLD	BUSINESS	OIL & GAS	ARMENIAN AGGRESSION	ARMENIAN-AZERBAI
	LIFESTYLE	EVENTS	HEALTHCARE	CULTURE	SPORTS	TRAVEL	OUR WRITERS

## Disabled children take part in Expo 2020 Dubai [PHOTO]

🕒 4 January 2022 17:45 (UTC+04:00) 👁 1 151



SOME INFO ABOUT  
INCLUSIVE MOVEMENT  
MASTER TEACHER



# Nigar Sultanova

Social Entrepreneur / DanceAbility  
Method Master Teacher

## Contact info



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[www.danceability.az](http://www.danceability.az)

[www.danceability.com](http://www.danceability.com)

## About me

I know that each person has own unique brilliance, we just need to have opportunity to discover it. I experienced the invisible connection which exists between all of us & together we are able to create environment which is more based on equality, inclusion & diversity.

## Education

**2007** **School**  
**Baku Slavic University**

Teacher of Russian Language & Literature

**2016** **School**  
**DanceAbility International USA**

Certified Teacher of d  
DanceAbility inclusive  
movement method

**2018** **School**  
**Ecstatic Awakening Movement UK**

Certified Teacher of Ecstatic  
Awakening method part of  
Active Meditation

**2020** **School**  
**DanceAbility International USA**

Certified Master Teacher of  
DanceAbility method

## Experience

**2003** **Company**  
**Hyatt Hotels Baku**

Sales Manager

**2009** **Company**  
**Misirli Ahmet Culture & Art Turkey**

Art & Culture Manager

**2017** **Company**  
**Rapid Solutions, Engineering Co**

Customer Relations Manager

**2017** **Company**  
**present** **DanceAbility Azerbaijan**

Founder, Director, Teacher

**1,112**  
**TEACHING**  
**HOURS**



YOU CAN ALSO  
**CONTRIBUTE**

TO INCLUSIVE ARTS  
THROUGH ORDERING

**GIFTS FOR HOLIDAYS**

FROM OUR ARTISTS

**WITH MIXED-ABILITIES**



WE LOOK FORWARD  
TO COLLOBORATING  
WITH YOU SOON



## WE ARE HAPPY TO OFFER PROGRAMS SUCH AS;

- DanceAbility method Intensive Teacher Trainings
  - Inclusive workshops and presentations at schools and universities
- Team building and open door events for children & parents for corporate, government sector & NGO
  - Interactive Dance Performances

# THANK YOU!



danceabilityazerbaijan



[www.danceability.az](http://www.danceability.az)



danceabilityazerbaijan



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danceabilityazerbaijan



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