



closed group

ART & MOVEMENT IN PROCESS

Journey through body & art

"When I dance I breath, when I breathe I feel, and when I feel - images come"

The body is the carrier, the grounding, the outward act of internal Self. We listen and attend, letting the symbols and images of the symbol making process speak, trying increasingly to hear what our unconscious is saying. Connecting to that core of order in ourselves is a joyous and empowering experience, which often takes place beyond the realm of words.

Finding ourselves `at home` in our bodies, we come into touch with our inner most strengths. We learn to listen to our inner voice, to find our personal truth for this present moment and so become more fully who we are, in our complexity and beauty.

If you have any questions or there is some unknowing land you wish to uncover then this group is for you

Through a period of 9 weeks we will work with personal process through art and movement, allowing spontaneous impulses to take us on a journey into our inner worlds.

We will use simple art techniques and movement meditations.

no experience necessary

Group starts on Mon.18 Oct`10 at 8pm - 9.45pm

CONTACT: Kat 0 78 869 357 16, bodyminder@bodyminder.eu, www.bodyminder.eu

Cost: £150 including all art materials

Venue: The Gate, 54 Richford Gate, Richford St.W6 7HZ London

Booking by sending a nonrefundable £30 to:

Katarzyna Pugowska, was born in Poland, She has degree (BA hon.)in Pedagogy of Health with specialization in Art Therapy as well as Diploma of Academy of Alternative Psychology. She is a member of PPC and works as an art/dance therapist in London and abroad.Katarzyna is currently training to teach the 5Rhythms™.