



'Journey through your body and soul'

A series of **FREE** workshops and events for Central & Eastern European Women in London

Ur4jobs and **BODY MINDER©** are pleased to offer a programme of Women's Dance Therapy sessions and personal-development workshops exploring expression through dance, movement and meditation

Discover the comfort of self expression and the joy of creativity

The group creates a safe environment for open discussion and respects client confidentiality

A little about the teacher: Katarzyna Pugowska, the founder of **BODY MINDER THERAPY CENTRE**, was born in Poland. She holds a degree (BA hon.) in Pedagogy of Health with a specialization in Art Therapy as well as a Diploma from the Academy of Alternative Psychology. She is a member of PPC (Polish Psychologists Club) and works as an art/dance therapist in London and abroad.

WEDNESDAY EVENING SESSIONS:

8th of October 2009 – 16th December 2009 from 19.45 – 21.30

Downstairs Hall, Holy Trinity Parish Centre Brook Green, London W14 7BL

Nearest tube: HAMMERSMITH on either the DISTRICT or HAMMERSMITH & CITY Line

<http://www.tfl.gov.uk/tfl/gettingaround/maps/buses/pdf/hammersmith-2109.pdf>

ONE DAY EVENT: Saturday 24th October 11.00 – 17.00

ADVANCED BOOKING AND A COMMITMENT TO AT LEAST ONE MONTH'S ATTENDANCE (PREFERABLY THREE MONTHS) is NECESSARY Please!

CONTACT: 07886 935 716 / bodyminder@bodyminder.eu / www.bodyminder.eu
07967 312 207 / ur4jobs@yahoo.co.uk / www.ur4jobs.co.uk



UR4Jobs
Support for people from Central & Eastern Europe