



a workshop by Jessica Hellmann & Nina Püchel

UNFOLD YOUR SELF

When bodywork
meets theatre

Have you ever dreamt of opening up new possibilities?
Had a sense for all the hidden talents, that are sleeping deep inside you, waiting to break free?
Are you curious to discover creative ways to express a different version of yourself?

By combining body awareness techniques with the art of theatre and role play you will

- * deepen the connection to the body, become more present & utilize your individual strength
- * remove self limiting patterns and let your emotions empower yourself
- * let the unknown break through and understand how to realize true change
- * create different realities and possibilities for yourself to activate your dreams
- * find ways to artfully express these with others by bravely entering the spotlight (and stage).

The workshop will include body centered exercises, emotional release techniques, voice work, writing and group exercises, improv games, role play and theatre setups.
We're looking forward to you, your energy and the dream you bring –and for the magic to unfold.

TIMES: Feb 23rd&24th 10am - 6pm

SPACE: Life Artists Hub

TICKETS: 150,- Euro (Early bird til Jan 23rd: 120,- Euro)

REGISTRATION in advance is required.

For more information: unfoldyourselfworkshop@gmail.com

Also find ::UNFOLD YOUR SELF:: when bodywork meets theatre (workshop) on facebook.