Integral Expression and Dance Therapy workshop!

The Artist Within – Applied eMOTION is a long-term European project funded by the Erasmus+ program. The strategic partnership's aim is to share best practices between sectors and methods connected to art expressions.

Our upcoming workshop gives a taste of the method of **Integral Expression and Dance Therapy** (IED). Along with movement and dance, IED uses the integrating effect of music making, visual expression and drama, as well as 'authentic movement', imagination, poetry, personal symbols and rituals. The process helps the individual to find his/her self-healing potentials, hidden resources, and thus to improve the quality of his/her life.

Date: **06th May 2015**
Duration: **17:00 - 21:00**
Location: **Hotel Armony, 1st floor** (Mariannenplatz 26, Friedrichshain-Kreuzberg)

The workshop will be held in English and is free of charge.
Everybody is welcome who is above 18 and has personal and/or professional interest in gaining more self-knowledge.
No prior experiences or skills are needed in the field of dance or other form of arts.
We suggest you to wear or bring comfortable clothes in which you can move freely and warm socks.
Please arrive 15 minutes before start.

Registration is needed for participation, please contact: Bernadett Hamar-Sári saribetti@gmail.com