



Creativity Health Wellbeing

Find yourself through
movement and art

About the Course

Tamalpa Life Art Process® is an internationally-recognized expressive arts practice, which combines movement/dance, visual art, and creative writing to access the innate wisdom of the body and the transformative power of the imagination.

In this Tamalpa programme with Lian Wilson participants will utilize mindful movement/body awareness, creative drawing and writing to identify and explore a current life theme and generate new resources for greater health and wellbeing in their personal and professional lives.

The benefits of Tamalpa:

- * Awakens the powerful connection between mind and body
- * Deepens physical, emotional and mental awareness
- * Recharges & supports a healthy body
- * Develops creative expression
- * Cultivates effective communication skills
- * Provides tools to navigate life's challenges and crises
- * Builds community through the shared practice of creativity and art

"In each one of us lives a story, a palette of images and experiences stored in our muscles and bones, organs and body parts."

This an 8 week activity programme commencing Monday October 10TH
3.30 – 5 pm to be held at the;

Glassworks Dance Studio
Tontine Street
Folkestone
CT20 1JQ