

# •INSIDE•OUT•

## CONNECTING INWARDS TO CONNECT OUTWARDS

Self-Development Through Mind-Body Therapies & Expressive Arts.

Daily life is a reflection of your inner world. Transforming what's around you begins with transforming you.

INSIDE OUT is an opportunity to explore where you come from, where you are going, and how you currently relate to others and to your environment. A unique group of people will embark together on a journey of self-awareness and development through the expressive arts and mind-body exercises (movement, dancing, drawing, writing, breathing, and dynamic group work), in a safe space where each member can reflect, connect, and build tools to live more freely and mindfully.

We explore from the inside out, through 8 sessions that move from an individual to a collective focus, where each person's contribution is essential to the group process.

### PROGRAM

- 1 PRESENCE** Consciousness & Grounding
- 2 LOOKING INWARDS** Self-image & Self-story
- 3 LIGHT SHADOWS** Attraction, Inspiration & Drive
- 4 DARK SHADOWS** Resistance, Repression & Fear
- 5 AUTHENTICITY** False self & True self
- 6 INNER CHILD** Needs, Desires & Communication
- 7 PURPOSE AND CONNECTION** Individual Purpose, Others & the Environment
- 8 LIVING FROM THE INSIDE OUT** Self-love, Other-love & World-love

### WHEN

21:30-23:00

Tuesdays starting March 5<sup>th</sup>

### WHERE

Essência e o Ser | Carcavelos

### INVESTMENT

150€ | incl. 8 sessions + materials

20€ | individual session



**REGISTER | FIND OUT MORE**

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Open to all adults | No prior experience of mind-body work or expressive arts required