

# MENU OF WORKSHOPS

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- AVAILABLE AS SHORT 2-HOUR, HALF-DAY OR FULL-DAY EXPERIENCES.
- MODALITIES INCLUDE IMPROVISATION, AUTHENTIC RELATING, COACHING & EMBODIED SOMATIC PRACTICES.
- A MIX OF CIRCLE, PAIR AND SMALL-GROUP EXERCISES.

## WELCOME HOME TO WHOLENESS

What if you don't need to fix yourself? What if you only need to remember what's already here?

This workshop explores the practice of discovering what it's like to welcome your whole imperfect self right now - as you already are, in heart and body.

Join for connected, honest conversation and explore what it's like to attune to yourself (yes, even your icky parts) in connection with others, while honouring our common humanity.

Come relax into your whole self, instead of trying to be your best self.

## THINK LESS, PLAY MORE

Play isn't a luxury or just for kids. It's our way back home to the joy of being alive. It's the antidote to self-judgement, getting things wrong, or relentlessly doing all the things all on your own.

In this gentle session we explore what happens without pressure to perform, impress, or pretend.

Together, we'll welcome play as you are - mischievous, tender, or something you haven't yet met.

Expect games, movement, human connection, and laughter. You'll leave feeling more alive and present - more you; with new ways to bring play into your work, your relationships, your everything.

## THE ART OF CREATIVE ALIVENESS

This upbeat and playful workshop gently reconnects you with your vital inner spark of human aliveness.

With easy activities and light games, you'll leave feeling inspired, full of possibility, more confident and ready to create.

In a supportive group, you're invited to explore joy, curiosity, slowing down, imagination, and self-expression - exactly as you are.

It's not about being right - it's about being real.

## AUTHENTIC RELATING

Do you long for deeper, more meaningful conversation beyond small-talk? Perhaps you want to feel more supported and connected with the people around you.

This workshop explores everything they didn't teach you at school about how to relate to other human beings.

We'll explore how to attune to yourself and relate more deeply to others with curiosity and empathy.

The workshop is in service of building the kind of healthy and honest relationships you want more of in life. All the while honouring our differences and common humanity.

## FOLLOW YOUR BLISS

Let go, feel more alive, laugh more, and take life less seriously...

In this workshop you'll meet your inner child by discovering the art of accepting 'what is' with playful, heartfelt curiosity in the here-and-now a.k.a making things up as you go along.

Following your bliss means freer creativity, imagination, spontaneity and adaptability - so you feel more confident in uncertain situations.

Expect silliness, kindness, make-believe, and profound moments of feeling moved. There's gentle challenge and plenty of reflection too, if you're open to learning.