

# CREATIVE YOU(TH)

CREATIVE PRACTICES  
FOR EMBODIED LIVING

## WHAT?

Creative YOU(th) is a 5week experience based course designed to lead you to live a more embodied life, using different creative practices.

## WHEN:

September 21st - October 19th 2021

**Time:**

Tuesdays, 18:00 - 20:00 CET

**Where:**

ZOOM

## COURSE OVERVIEW:

- **Week 1:** Embodied listening
- **Week 2:** Body awareness through creative writing
- **Week 3:** Drawing Inner Landscape
- **Week 4:** Expression and mindful movement
- **Week 5:** Integration, reflection and moving on

\*\*\* including home enquiries, personal practice and reflection time

## AT THE END OF THE COURSE YOU WILL:

- Establish better relationship with your body
- Understand how different aspects of yourself are (inter)connected
- Learn different ways of expressing yourself through creative practices
- Cultivate curiosity and sense of wonder
- Gain practical tools to implement in daily personal and professional life

## FOR WHO:

for anyone who is looking to live a more embodied life and is curious to understand how creative practices can support that

## REGISTER HERE:

<https://www.eventbrite.com/e/creative-youth-tickets-167715488541>

**Apply before:**

16th of September 2021

**COST: €75**