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HILDASHAUS PRESENTS

The Art of Nourishing Yourself

CELEBRATE YOURSELF

DATE 25.01.21 @ 14:00

Let's take the opportunity to learn how to nourish our bodies, our minds, and our hearts with the use of arts and Yoga and start this New Year with the best attitude!



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YOGA SESSION /// RELAXING BODY & MIND with Anna scire

KEYWORDS: RELAXATION, BREATHING, BODY-LISTENING, BODY-AWARENESS, SLOWNESS,
GENTLENESS, PERSONAL RHYTHM, CONSCIOUS MOVEMENTS, EXPLORATION,
MINDFULNESS

Relaxation is a practice that can transform the quality of our life by supporting our inner balance, helping us to release tensions in our mind and body and encouraging us to unfold our talents, our strength and our inner resources. During this session we will explore some relaxation and breathing techniques and a series of easy movements that can be done sitting on a chair. The proposed exercises will be conducted in a gentle and safe way, respectful of the diversity of each body and adaptable to different needs. They will encourage deep relaxation, listening to one's body and exploring one's breath, in an informal, therapeutic yet joyful way.



**Material: chair /// Technique: yoga &
meditation /// Duration: 45 min in
preparation of the Art session**



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ART SESSION /// INTERNAL FLOW *with Dr. Joanna Wróblewska*

KEYWORDS: BREATH, PLAY, CREATIVITY, EXPLORATION, SAFETY, GROUNDING,
NOURISHMENT.

What are the ways of cultivating healthy self-expression and practicing nourishing self-care? Through the Arts. Using various art forms, we can relax, get into the flow, experiment, and actively learn about what nourishes us. During this session, we will stay with the breath explored initially in the Yoga-based practice and imagine how our breath travels through the body and then put it on paper. Finally, we will gather words describing our expressions and put them together into short writing pieces. To close up the session, we will share some of our discoveries and create a list of resourceful take-aways for the New Year 2021.



Material: printing paper + colorful markers or crayons /// Technique: drawing & creative writing ///
Duration: 45 min