

Project Dare Body Adoration

Project **DARE!** Is a not-for-profit organisation specialising in providing workshops that get participants feeling **confident**, proud of their **body** and of course, uber **Daring**... We specialise in working with people experiencing low self-esteem and/or body confidence. You can expect:

- Theatrical, drama based & creative exercises that celebrate the body & mind
- Techniques theatre practitioners use to bring together their communities and themselves
 - Scientific knowledge, exploring inside your body genius
- Build inner & outer confidence in a safe space using skills performers use on stage
 - Explore, understand and nurture a positive body image
 - Develop social skills, form friendships and practise self-compassion
- Take away a minimum of 7 learnt 'Daring' techniques for confidence...

The workshops are designed for adults (men & women 16years +). No prior knowledge is required and the sessions are accessible for all shapes, sizes and fitness levels. However the participants must have a good command of English.



The **DARE!** Sessions @HooDoos

1 Matthews Yard, Croydon, CR0 1FF

6 Consecutive Thursdays beginning 15th September 2016

10.30am – 3.30pm the full course is £420per participant

For bookings contact: info@projectdare.co.uk

Or Call Ursula Joy 07507530929

“I feel more CONFIDENT!” “I laughed a lot!” “My body is beautiful”



projectdare.co.uk



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