

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 and drama based 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, learning 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 @Longfield Hall

50 Knatchbull Road, London, SE5 9QY

6 Consecutive Fridays beginning 16th 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



@dareproject



@projectdare