

EMPOWERMENT AND SELF-DEVELOPMENT IN THE NATURE



**ACTIVE WOMEN
ASSOCIATION**

ACTIVE WOMEN ASSOCIATION



PROJECT: „COME BACK TO PARADISE – INTERCULTURAL JOURNEY TO BALI ISLAND”

2012–2013–2014

**INTERCULTURAL ACTIVITIES
WILDERNESS THERAPY
WORK WITH ELEMENTS
NATURE COACHING
NATURE & CULTURE AWARENESS
MINDFULNESS
BODY WORK & DANCE
DYNAMIC MEDITATIONS
CREATIVE VISUALISATION
DEEP RELAXATION
ART THERAPY**





PROJECT: „WOMEN’S EMPOWERMENT TREKKING IN POLISH MOUNTAINS”

2012/2013

**NATURE COACHING
BODY WORK & DANCE
CREATIVE VISUALISATION
MOUNTAIN THERAPY
NATURE AWARENESS
MINDFULNESS
DANCE MEDITATION**





**PROJECT: „ARTE MORROCCO – INTERCULTURAL JOURNEY FOR SELF-DEVELOPMENT
IN NORTH AFRICA”
2010 – 2014**

MOUNTAINTHERAPY
INTERCULTURAL ACTIVITIES
ART THERAPY
CREATIVE WORK IN NATURE
PARTICIPATION IN GRASS ROOT EVENTS





**PROJECT: „VEDIC ART – SELF-DEVELOPMENT AND INTUITIONAL PAINTING
SUMMER CAMP IN THE COUNTRYSIDE”**

2011 – 2013

ARTTHERAPY / INTUITIONAL PAINTING
GESTALT
FIREWALKING
HARDPATH PRACTICES
WILDERNESS THERAPY
TRANCE DANCE
TRANCE MARCH
SWEAT LODGE





**PROJECT: „FREE YOUR VOICE & LISTEN WHO YOU ARE - OUTDOOR SUMMER CAMP”
2012**

VOICE WORK
BODY WORK & TRANCE DANCE
NATURE AWARENESS
ECO COACHING
WILDERNESS THERAPY
CREATIVITY DEVELOPMENT IN NATURE
MEDITATION WITH DRUMS
DEEP RELAXATION AND SOUND STIMULATION





ARTEBORNHOLM - BICYCLE TREKKING ON DUNISH ISLANDS 2010-2014

BICYCLE TREKKING
CREATIVITY DEVELOPMENT
ART THERAPY
GREEN SOCIALIZING
RELAXATION



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