

DATE	ACTIVITY	FACILITATOR
21 AUGUST 2PM – 4PM	INTRODUCTIONS BODY LIBERATION SESSION	ANNALISA T
<p>This session will be an introductory workshop designed to help you overcome negative body images and build your understanding of body acceptance. We will look at assumptions that we make about our bodies and explore tools to help you feel free, loved & whole in your bodies.</p>		
28 AUGUST 2PM – 3.30PM	AFRICAN DANCE CLASS AFRICAN SPIRITUALITY & MOVEMENT	ANGELINA A
<p>On these sessions we will look at the relevance of connecting with nature's elements through dance. Spirituality through movement is used as a means of tapping into our own vulnerability by identifying emotions and embodying life experiences.</p>		
4 SEPTEMBER 2PM – 3PM	PILATES AND YOGA FINDING STRENGTH IN OUR FOUNDATIONS	ASHTON L
<p>Through building strength in our foundations, we can find freedom and expression. By improving and analysing the physical, we can then gain better access to our mental and spiritual selves. You will sweat, be challenged and learn new things about yourself.</p>		
11 SEPTEMBER 2PM – 3.30PM	AFRICAN DANCE CLASS ANCESTRAL CONNECTION AND MOVEMENT	ANGELINA A
<p>A ritualistic approach to movement, offering a release of energy and empowerment through African folk tale-inspired choreography.</p>		
18 SEPTEMBER 2PM – 3.30PM	YOGA AND MINDFUL NUTRITION MOVE AND EAT FOR YOU	ASHTON L
<p>When life gets complicated and hectic, we can often neglect our health and find it hard to provide it with the nourishment we need. We begin with a short invigorating yoga series of warrior flows and breathing techniques to energise ourselves, followed by a short and interactive workshop about mindful nutrition and eating for our body types.</p>		
25 SEPTEMBER 2:30PM – 6:30PM	MAKEUP AND PHOTO SESSION 1 (1 HR PER PARTICIPANT)	LOUISA A & SIOBHAN L
<p>Our fabulous make-up artist Louisa Aliu, and photographer Siobhan Louise team up for this session to give you an amazing souvenir from your 8-week journey to take home with you. They will be using their talents to enhance and celebrate your inner and outer beauty. Immortalise your best self and remember your growth forever with a professional makeup and photo session.</p>		
02 OCTOBER 2:30PM – 6:30PM	MAKEUP AND PHOTO SESSION 2 (1 HR PER PARTICIPANT)	LOUISA A & SIOBHAN L
03 OCTOBER 2:30PM – 6:30PM	MAKEUP AND PHOTO SESSION 3 (1 HR PER PARTICIPANT)	LOUISA A & SIOBHAN L

VENUE:

CROFT HOUSE SETTLEMENT, 9 GARDEN ST, SHEFFIELD CITY CENTRE, SHEFFIELD S1 4BJ