

The Art of Being Yourself

Tuesday (1pm – 3pm)	Thursday (1pm – 3pm)
<p>May 1st</p> <ul style="list-style-type: none"> • Chair Exercises • Presentation: What is Troubling You? • Group Discussion 	<p>May 3rd</p> <ul style="list-style-type: none"> • Chair Exercises • Journaling: Exploring Journal Prompts
<p>May 8th</p> <ul style="list-style-type: none"> • Chair Exercises • Presentation: Power-Driven Relationships • Group Discussion 	<p>May 10th</p> <ul style="list-style-type: none"> • Chair Exercises • Collage: Exploring Symbols
<p>May 15th</p> <ul style="list-style-type: none"> • Chair Exercises • Presentation: Encountering Fear • Group Discussion 	<p>May 17th</p> <ul style="list-style-type: none"> • Chair Exercises • Draw, Colour, Paint: Exploring a Doodle
<p>May 22nd</p> <ul style="list-style-type: none"> • Chair Exercises • Presentation: Encountering the Shadow • Group Discussion 	<p>May 24th</p> <ul style="list-style-type: none"> • Chair Exercises • Creative Writing: Exploring a Daydream
<p>May 29th</p> <ul style="list-style-type: none"> • Chair Exercises • Presentation: Jung, The Shadow & Projection • Group Discussion 	<p>May 31st</p> <ul style="list-style-type: none"> • Chair Exercises • Music as Inspiration

TUESDAYS: • Presentation [15-30 mins] • Discussion [60 mins] • Reflection [15 mins]

THURSDAYS: • Movement [15 mins] • Self-Expression [60 mins] • Affirmation [15 mins]

****MAY HOURS ARE TUESDAYS & THURSDAYS 1pm – 3pm****