

**INSPIRING THE SPIRIT
NOURISHING THE SOUL**

The aim of this workshop is to form movement activities and work on aspects of communication, cooperation, and affirmation of self-assertiveness. The most important part will be devoted to the performance, through various movement qualities, of the expression of different ideas, attitudes and feelings. The movement qualities will be used in an improvised form of questions and answers expressed by movement and dance. The essence of this treatment is the creation of confidence through movement and dance that leads to positive self-actualization. (IN) CE(1.75)

Gordana Horvat Mahne, Croatia

