

Creative, embodied and therapeutic workshops for
community wellbeing.

Your Healing **ARTS** ——— GUIDE

www.yourhealingarts.com
Kasia Kowalska



About

My name is Kasia Kowalska. Founder of Your Healing Arts. Clay therapist, yoga, dance and mindfulness instructor. Integrative life coach, currently undergoing certification in counselling and psychotherapy with Irish Collage of Humanities and Applied Studies, Ireland and Art Therapy with Sensarte Academy in Poland.

I offer creative and embodied workshops that combine art expression, clay work, life coaching, movement and reflective practices to support self-understanding, connection, and personal growth.

My work is rooted in humanity and beliefs that meaningful change begins when we feel safe enough to simply be and that everyone deserves space to discover their own voice, agency, and way of being in the world.

Much of my work is drawn toward people and communities who don't always feel fully seen, supported, or understood within conventional systems.

Creative rehabilitation supports people to reconnect with themselves through creativity, embodiment, sensory experience, emotional expression, and relational connection following periods of stress, overwhelm, disconnection, burnout, or life transition.

Outcomes include:

emotional wellbeing
improved confidence
self-expression
sense of belonging &
connection
agency
nervous system regulation
community engagement
fun

Through:

Innovative programs combining art, reflection, embodiment, and relational practice
Trauma-informed and process-led facilitation
Spaces where people can explore what may not yet have words through art, clay, movement, and shared experience



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Who I work with:

- Family Resource Centres
- Women's wellbeing programmes
- Disability support services
- Community wellbeing organisations
- Older adults support organizations
- Mental health and recovery groups
- Creative and community arts initiatives
- Therapists, carers and helping professionals
- Adult education and community learning settings



Workshop themes:

- Identity, belonging and agency
- Creative self-expression
- Clay and sensory-based exploration
- Emotional wellbeing and nervous system regulation
- Embodiment and grounding practices, playfulness
- Confidence and personal growth
- Connection and community building
- Reflective and restorative spaces for women and helpers



'Kasia had started clay therapy with one Individual who has cerebral palsy on a one to one basis. When another Individual saw that, she also wanted to join the group. At the moment Kasia comes in once a month and provides clay therapy for 3 Individuals. One Individual in particular would have never put her hands on clay before since she doesn't like anything sticky on her hands. Kasia has a very empathic and playful way to guide people with an Intellectual disability to engage with new materials. The Individual with sensory issues started with Play Doo but now has no problem working with clay. Every session is playful and a very important social interaction between the 3 Individuals. They have to share materials and can express their creativity through this wonderful, versatile material. All three ladies enjoy clay therapy and ask a week after a session when the next session will be.'

Brothers Of Charity, Ennis

<https://www.yourhealingarts.com/testimonials>



Contact Us

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