

Creative, embodied wellbeing programmes for
community, support services and funded initiatives.

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 design and facilitate creative, embodied wellbeing programmes that bring together art expression, clay, accessible movement, body awareness, mindfulness, reflection and meaningful conversation. My work supports self-expression, confidence, agency, connection and personal growth. My approach is relational, accessible and process-led, with a focus on creating welcoming, non-judgemental spaces where people can explore, make choices, experiment and reconnect with themselves and others.

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
- Disability and additional-support services
- Recovery and mental-health settings
- Older adult services
- Women's wellbeing programmes
- Neurodivergent communities
- Community education and adult learning
- Migrant, refugee and culturally diverse communities
- Community arts and funded wellbeing initiatives
- Carers, helpers and frontline/community staff



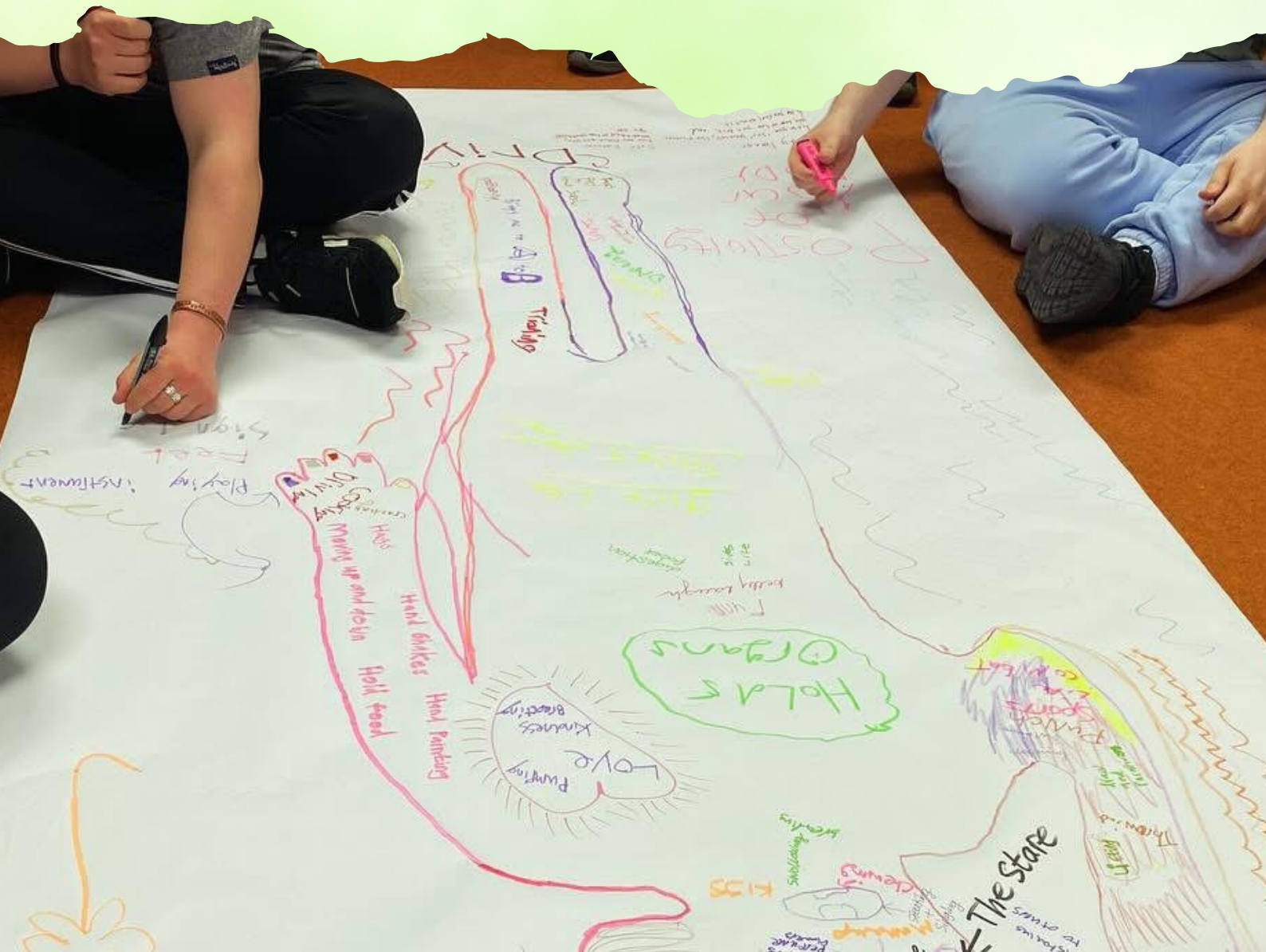
Workshop themes:

- Identity, belonging and agency
- Creative self-expression
- Clay and sensory exploration
- Emotional wellbeing and regulation
- Embodiment, grounding and accessible movement
- Confidence, curiosity and personal growth
- Connection and community building
- Play, creativity and exploration
- Reflective and restorative spaces for women, carers and helpers



Approach:

My approach is relational, embodied and process-led. I create psychologically safe, non-judgemental spaces where participants can explore what may not yet have words through creativity, clay, movement, reflection and shared experience. Rather than focusing on artistic skill or predetermined outcomes, programmes are adapted to the needs, abilities and rhythm of each group. Organisations can commission one-off workshops, structured 3–8 week programmes, half-day experiences, reflective practice groups, community wellbeing programmes and bespoke funded projects. Programmes are quoted individually according to duration, group needs, materials, travel and any additional individual support required.



'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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