



Accessible Dance & Yoga

No matter how small or inaccessible our movement may appear, the potential for expansion, connection and expression is always possible.

*My chair-based activities offer a **gentle way to engage in movement**, enhancing flexibility, strength, and balance. They are an excellent method for **reducing stress**, boosting overall health and well-being—and they're a lot of **fun!***

your healing arts

Activities developed with music and rhythm, movement and dance, creativity and imagination to meet senior's needs.

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with kasia kowalska

Senior's ACADEMY

*Space of creativity, movement
and connection.*



These workshops can help reduce feelings of isolation, build confidence and a sense of purpose, and create opportunities for joy, creativity, and community engagement, contributing to an improved overall quality of life.



Senior's ACADEMY feedback

"When I'm here, with the clay, I forget about my worries for a while."

"It's peaceful — I don't feel rushed or burdened, I can just be."

A participant in their 80s expressed:
"It's the first time in a long while I've felt truly content, even just for a morning."

"At my age, it's nice to know I can still make something with my own hands."

"I may be old, but I still need something to lift my spirits — this has done that for me."

"I wish we could do this every week — it would give me something to look forward to."

Check out more at:
<https://www.yourhealingarts.com/gallery>

Looking forward to creating with your group!



Facilitated by Kasia Kowalska; clay therapist, art 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.

www.yourhealingarts.com

Accessible Clay & Art Therapy

For Older Adults & Elders the benefits:

- Stimulates neurogenesis and **cognitive flexibility** through creative engagement
- **Supports memory** recall and storytelling through visual expression
- Fosters a **sense of identity, purpose,** and legacy
- **Reduces isolation** by encouraging connection and group interaction
- **Helps process transitions,** loss, and life review in a creative, dignified way



Senior's ACADEMY

- Chair yoga, chair dance classes
- Accessible Mindfulness
- Art Therapy, Expressive Arts
- Fun filled, games and music

Exploring art together with the main five senses, these workshops aim to guide participants to be aware of their unique talents, feel a sense of belonging & being accepted in this world.

Re-discovering hidden strengths and special gifts that may be suppressed, regain a feeling of acceptance for their uniqueness.



Community
Joy
Well-being

www.yourhealingarts.com