

Free Dance Movement Therapy Workshop


14. & 21. APRIL, 4 - 6 PM

LEHÁRGASSE 1, 1060, INSTITUT DR. SCHMIDA

Come and join our health
promotion workshop
"MY SPACE!" for young
women with migrant
background.

Registration & Info:

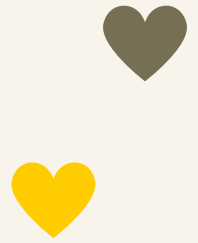
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Dance Movement Therapy (DMT) Group in Peregrina



Migration is a complex process that impacts every aspect of our lives and often leaves us scattered and fragmented.

Although, this fragmentation initially allows us to adapt to a new environment, it may lead to diverse physical and emotional challenges if it remains hidden.



We want to support you on your journey! Come and join our free DMT workshop "My Space!". You will get a chance to experience and learn about the DMT method and our regular free offer for young migrant women.

My Space! is for you if you are between 18- and 35-years-old and curious to learn about relationship between body, creativity, and wellbeing. No previous experience is necessary, only readiness to get to know yourself and spend time in a group with other women.



This is a non-profit offer and our goal is to support you regardless of who you are or where are you coming from. If you have any questions, please reach out. Even if we might not be able to meet you where you are in this moment, we would like to hear from you. Places are limited, please register.