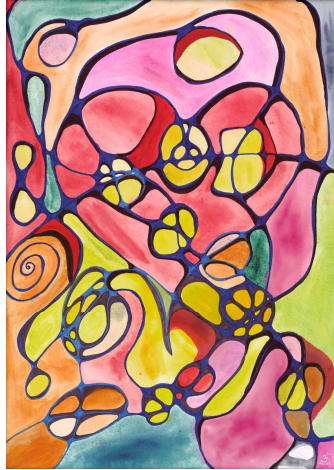


Welcome to the inner exploration of your creativity and wellbeing. Thank you for taking the time to read this prospectus. I am looking forward to meeting you in person and playing together allowing the energies to flow.

CREATIVE WELLNESS Workshops & Courses



“Creativity doesn’t wait for that perfect moment. It fashions its own perfect moments out of ordinary ones.”

– Bruce Garrabrand

Creative Wellness is a process of exploring the relationship between our creativity and our wellbeing using embodiment practices from Traditional Chinese Medicine and Yogic practices. The workshops are designed to explore our body from the angle of inner inquiry using sound, yoga, meditation, mindful movement, and somatic art making.

In the creative wellness sessions you will receive guidance to inspire creative flow and inquiry into the actual state of your being. You will have the opportunity to engage your conscious and subconscious mind while staying present in the body. It is not a one off process rather a journey of meeting yourself and others exactly as they are for now and knowing that this is ever changing.

We will engage applied anatomy and physiology to receive insight into ourselves using imagination, visualisation and feeling. We will work on mental, emotional and energetic levels following the invisible threads of connection and transforming them into something that can be expressed either through an image, a sound, a painting, a movement, a video, a sculpture or a craft. We will play with ourselves, others and the space around us. Every space where creative wellness workshops take place is unique and inspires specific types of play.

Creative Wellness

The 4 Elements

A 4 week course

Workshop 1 Stability Earth

In this workshop we will explore the skeletal system, bones, weight of the body and everything that holds us together. We will also touch upon an idea of balance, earthly associations and relationships of things in the body and over the body and the space. How everything relates to everything else.

Materials needed for this class:

You can gather natural materials clay, stones, branches, and organic materials. We will work with creating balancing sculptures and the foundation of things.

Workshop 2 Fluidity Water

In this workshop we will play with the liquids in the body: blood, lymph, and tears. We will enjoy healing waters, rain, well water, and filtered water.

Materials needed for the class:

Water based materials watercolours, gel pens. If you can collect water from a healing well or the rain it would be very useful also.

Workshop 3 Strength Metal

In this workshop we will explore the muscles, connection between the muscle, joints and bones, ligaments. How does it create our inner strength, our core?

Materials needed for the class are:

Metal wires, elastics, and material fabrics.

Workshop 4 Softness Air

In this workshop we will explore: soft tissue, fat, fascia, skin, and muscles. We will connect it to the element of the air. As the air, the breath is an element that gives life to everything we will connect all the other elements to be able to complete a cycle and start a new cycle again. Inhale and exhale and so it goes.

Materials needed for this class are:

Wool, threads, oils, vaseline, oil bars, water with oil bars.

Note about materials:

Please prepare your own kit of materials to play with during and between the workshops. You can visit art and craft shops, local libraries, or small shops that offer variety of crafty things. I particularly recommend The Glass Doll in Maynooth with their wide range of different of crafty things. You can also gather

natural materials from your local area. Once you pick a stone, or a branch you can say thank you, so the space can open for a new object, visitor, or nature element.

Details of the upcoming workshops and courses:

Sunday 7th 2-4pm

“Breath” a workshop that can be attended a stand-alone experience or a part of the 4 elements course.

YoGra Yoga Studio, Maynooth Business Campus, W23K2W6

We will work with breath, sound and movement. There will be a video recording during the class

This class is free for everyone who would like to experience creative wellness.

Creative Wellness The 4 Elements

Starting on Wednesday the 24th of July 7-9pm

4 weeks course Longwood Area, Co. Meath

€150, €40 a session if the space is available

€50 non-refundable deposit is required to book your place

I accept payments via bank transfer, paypal, or cash.

Creative Wellness The 4 Elements

Starting on Friday the 13th of September 7-9pm

4 weeks Course, YoGra Yoga Studio, Maynooth Business Campus, W23K2W6

€150, €40 a session if the space is available

€50 non-refundable deposit is required to book your place

I accept payments via bank transfer, paypal, or cash.

To receive more information about booking, available spaces and location please contact: Kamila Lukaszewicz via email, text, or what's App message. We can arrange the harmony call in the times that suit you.

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Facebook: [alchemy multiverse](https://www.facebook.com/alchemymultiverse)

Let's play together!

Sending Love and Blessings,

Kamila