

Book now for trial sessions in
April towards regular practice
at yoga studio in central Lincoln

the playspace

A peaceful environment in which people come together to practice freedom and self-expression with compassion and ease. An invitation to connect with others in an unashamed, responsive way. The aim is to support ourselves and others in human flourishing.

What it looks like in practice:

We start with a sociable connection where drinks are provided before we move into a studio space where a skilled facilitator leads you into a movement, art, play - based expression. No performance is present - this is for your own self growth and expression.

When: 15th, 17th, 21st & 22nd April

Where: Peace Place People yoga centre
18 St Martin's Lane LN2 1HY

Time: two-hour session 7-9pm

Cost: £20 (subsidised places available)

Contact: mail@johnb.info 07881 656 402

John Bowtell HCPC reg. dramatherapist

“...I enjoy the dynamic, relational process...What makes this work powerful is the combination of embodied experience and reflection. The play opens something up, and the meaning-making that follows helps me integrate it - creatively and personally. I leave sessions not with neat answers, but with a deeper capacity to navigate challenge with curiosity, responsiveness, and a sense of possibility.”

- Sarah, Derby

For more about the practice:

developmentaltransformations.com