

Friday evenings transition to
the weekend
Book now for May-July

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.

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: Fridays fortnightly May 22nd, June 5th, 19th July 3rd, 17th 31st

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

Time: 90 minute session 6.15-7.45pm

Cost: £15 (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