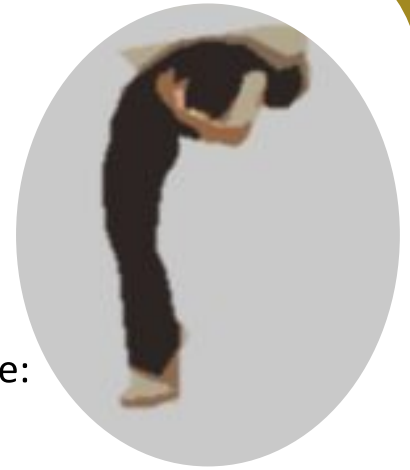


## North Dublin Area - Summer Courses

### Re-cycle Me

This six week workshop uses dance, creativity and performance to deepen the relationship between our physical bodies and minds



On completion of this course participants will explore:

- **Moving safely out of your comfort zone**
- **Using movement to explore inner resources**
- **Developing creative skills through fun social interaction**
- **Working with public and performance anxiety**
- **Working with shyness creatively**

**Start Date: Thursday May 2<sup>nd</sup> (2-4pm)**  
**Format: Eight Afternoon workshops**  
**Venue: Inter Faith Centre, DCU Campus**



Dublin North, North East  
**RECOVERY COLLEGE**

To register, contact the Recovery College:  
phone- 01 7007907  
email- [recoverycollege@dcu.ie](mailto:recoverycollege@dcu.ie)  
website- [www.recoverycollege.ie](http://www.recoverycollege.ie)

