

Do you want to strengthen your confidence, bring out your creativity, reduce your stress and have fun

Pick up the phone and book yourself on our

Transformational Theatre Workshop

The Artemis Theatre Company from Bournemouth
with The Human Energy Centre from Swansea

present a two day workshop for adults at the

Ostreme Centre, Mumbles, Swansea

25th/26th Oct 2008

10 - 6.30 Saturday and 10 - 5 Sunday.



We use basic drama techniques, maskwork, breathwork, story telling, myth, dance and movement. No previous acting experience is necessary - just an interest in living!!

Want to know more?

Come to our introductory evenings at

The Seren Retreat Centre (Cost £10)

Thur 2nd and Fri 24th Oct 7.30 - 9pm

Weekend workshop costs £125 (reduced to £115 if booked and paid for before 30th September 2008)

Please call Glynis if you want to talk this through or book a place. 01792 386626 mobile 07968 091183 or e mail:

Glynis@thehumanenergycentre.co.uk