Alison Goldie - Courses and Classes

Reasons to be Cheerful

In this course, participants are given the opportunity to express themselves in several creative ways: art, drama, dancing, singing and writing. There is no expectation of expertise, and I encourage people to have a go at the activities for the sheer pleasure of playing and experimenting. You might be drawn to some of these elements more than others, or you might love all of them, but in joining in with the group and having a go, you will experience the joy of idle dabbling and an escape from the pressurised world.

Of course, we may touch upon deeper feelings as we play, which can then be channelled further into the creative pursuits (or just reflected upon under a tree…) Imagine dancing without a care, slopping paint about like a child, making others laugh, and writing a story into which you can put all sorts of observations you have made of life. Then imagine coming home and feeling that you have more resources for self-expression than you had before, and what a solace that could be. Reasons to be Cheerful is my bid to empower people artistically through body, mind and soul, in a wonderful nurturing, bonding and liberating experience.

Next course: Cortijo Romero <http://www.cortijo-romero.co.uk/courses/course.aspx?id=2246&name=Reasons+To+Be+Cheerful>

Or you can book Reasons to be Cheerful for your own event.