

BIG'NESS'

A Movement-Based Workshop on Women and Space

A transformative exploration of how femininity occupies physical space and emotional freedom through Drama and Movement Therapy.

06:00 pm, 7 MARCH 2025
NIMHANS CONVENTION CENTRE
BANGALORE



With Anshuma Kshetrapal
*Psychotherapist and
Drama and Movement Therapist*

By 'playing' with big, small, fast, slow movement and other ways of occupying space, participants will let spontaneous insight emerge into issues of **body image, gaze, safety, somatic emotional expression and comparison.**

Ideal for all health workers, MHPs, artists, teachers and caregivers who are curious about the body's role in mental health.

Duration: 60 minutes

Limited to 20 participants

Requirements: Comfortable clothing

Materials provided: A4 sheets and crayons

Register here

IAWMH2025.ORG