

GROUP DANCE THERAPY FOR COUPLES

**Date:**

- EVERY THURSDAY from 28.9. until 2.11. 2023 (6 meetings)

Time:

- 5:00 p.m. - 6:30 p.m. for Czech-speaking couples
- 7:00 p.m. – 8:30 p.m. for English-speaking couples

Place:

Synergea Psychological Care Center
Olšanská 2898/4g, Prague 3

Who is it for:

For couples of all ages who are interested in developing their relationship, trust and communication.

About couple dance therapy

Couple dance therapy provides an opportunity to learn "how to be in relationship with another and not lose yourself, and how to be yourself and not lose the other." It allows us to stop and realize how we feel and how we experience our relationship with our partner in the present moment. It teaches us to share our feelings, needs and wishes without words, in complete connection with ourselves and with others.

What is the goal of group dance therapy for couples:

Support and develop mutual relationship and communication. Learn to listen to each other, empathize and express your needs using non-verbal tools. To experience oneself, the partner and the relationship through movement and feelings. Share your experiences in a safe environment, in a group of **maximum 6 couples**.

Topics:

Self-worth and relationship, acceptance and expression of emotions, boundaries of personal and common life, non-hurtful and truthful communication, mutual trust, coping with changes together.

Price per couple (6 sessions):

Early bird price: CZK 7,200 (booking and advance payment of CZK 2,200 until September 7, 2023)

Standard price: CZK 10,800 (booking and advance payment of CZK 2,800 after September 7, 2023)

The deposit is paid in advance by bank transfer, the additional payment is paid in cash at the place of the course.

Looking forward to seeing you:

M.Sc. Irena Pilařová, MBA
psychologist, therapist and coach

RESERVATION:

<https://synergea.cz/skupinova-terapie/>

or by e-mail:

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