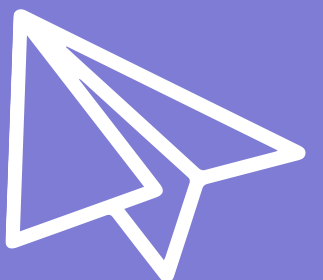


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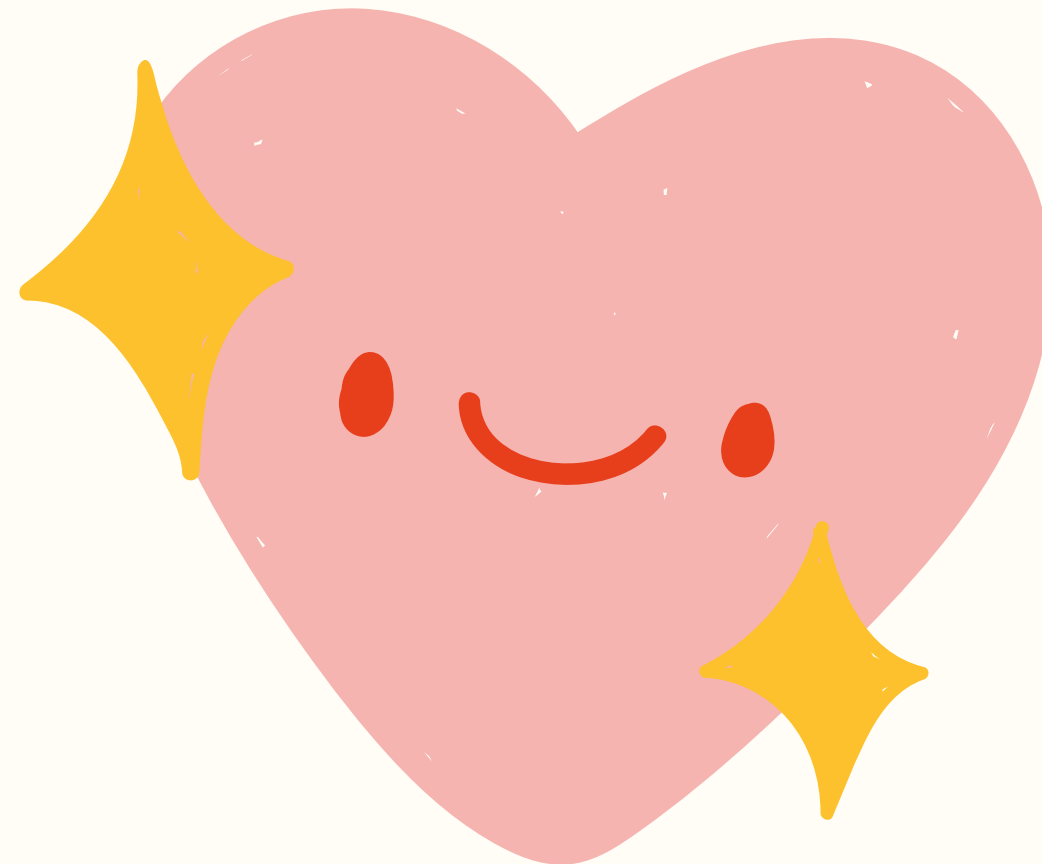
SUNDAY 8 DE OCTOBER
12:30.AM

HUMOR WORKSHOP AT
ECO ~~ALTEA~~



What's the point of laughing?

- Laughing keeps you away from counterproductive poisons.
- Laughing gives you opportunities to share with others.
- Laughing minimizes problems.
- Laughing is necessary.



Who i am?

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I am Deborah, Social Educator since 2021, I consider sociocultural animation necessary and can apply from different areas. Socio-educational workshops try to create a healthy environment and friendly, where for a little while we become joy, we play again like when we were children and we meet again with our essence.

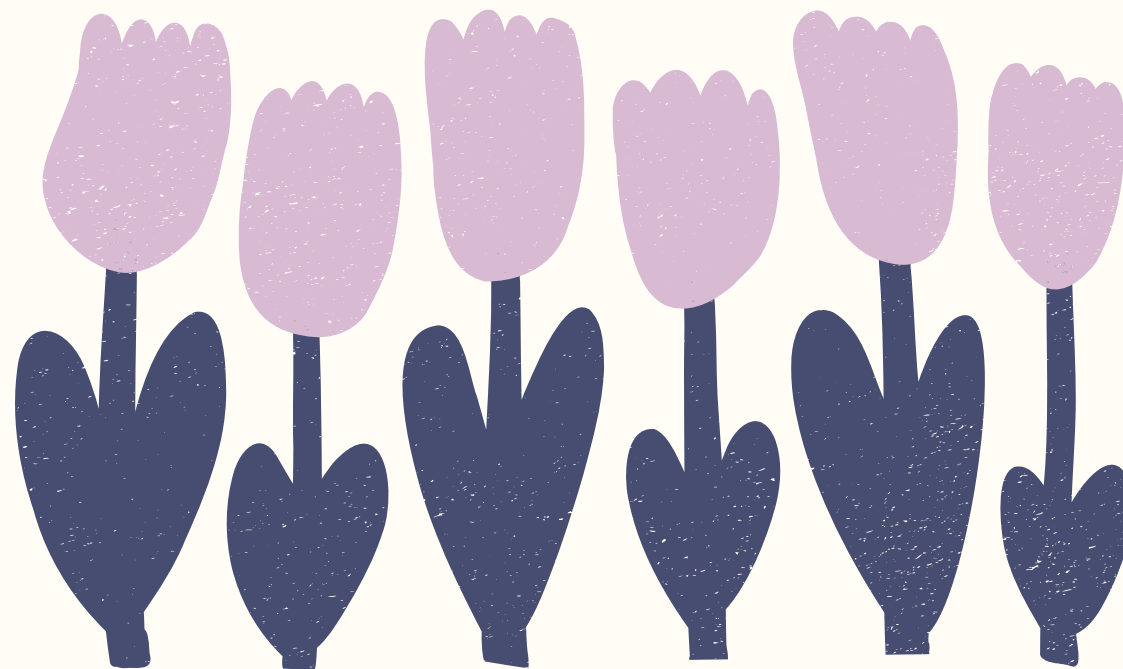


What will we do in the workshop?

-Introduction of the participants, tell us who you are.

-Through some body expression exercises, the dynamics will be developed.

-Communication between participants will be facilitated where complicity is awakened.



Through different techniques and dynamics, communication is created with the objective of promoting participation among people , encouraging a space of carefreeness during the workshop. Constant humor helps you overcome obstacles, see many possibilities, open up and recognize others, leaving behind prejudices and false evaluations. You find yourself, your inner temple, leaving limitations and negativity behind.



We Look forward for you on Sunday, October 8 at Eco-Altea in the humor workshop at 12:30.



www.ecoaltea.org