ELÄMÄÄ JA TEATTERIA                              1ST MODULE: FEBRUARY-MARCH

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| 1st  WEEK | Wednesday February 2nd  10 a.m-13p.m  **THE THEATRE OF LIFE**  *Learning basic theatre skills*  Riikka Nurmi  Aida Dominguez | Thursday February 3rd  16 p.m - 19 p.m  **THE DANCE OF IDEALS**  *Healing dance workshop*  Aida Dominguez |
| 2nd  WEEK | Wednesday February 9th  10 a.m – 13p.m  **WHO I AM SUPPOSED TO BE?**  *Self-knowledge workshop through painting*  Riikka Nurmi | Thursday February 10th  16 p.m - 19 p.m  **WHICH LENSES DO WE LOOK AT LIFE TROUGH?**  *Photography workshop.*  Riikka Nurmi  Aida Dominguez |
| 3rd  WEEK | Wednesday February 16th  10a.m – 13p.m  **OPENING DOORS TO THE WORD.**  *Cultural visit*  Riikka Nurmi | Thursday February 17th  16p.m – 19p.m  **THE SOUNDS OF THE SOUL.**  *Music and Singing with intention.*  Aida Dominguez |
| 4th  WEEK | Thursday February 24th  16p.m – 19p.m  **WRITE IT OUT!**  Creative writing workshop  Riikka Nuri | Friday February 25th  10 a.m – 13 p.m  **DOING FOR COMMON GOOD.**  *Bringing creativity to some communities.*  Riikka Nurmi  Aida Dominguez |

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| 5th  WEEK | Wednesday March 2nd  10 a.m – 13p.m  **LET’S PERFORM!**  WORKING WITH THE PERFORMANCE  FINDING THE TOPIC | Thursday March 3nd  16 p.m – 19 p.m  **LET’S PERFORM!**  WORKING WITH THE PERFORMANCE  FINDING THE WAY |
| 6th  WEEK | Wednesday March 9th  10 a.m – 13p.m  **LET’S PERFORM!**  WORKING WITH THE PERFORMANCE  REHEARSALING | Thursday March 10th  16 p.m – 19 p.m  **LET’S PERFORM!**  WORKING WITH THE PERFORMANCE  REHEARSALING |
| 7th  WEEK | Wednesday March 16th   10 a.m – 13p.m  **LET’S PERFORM!**  WORKING WITH THE PERFORMANCE  REHEARSALING | Thursday March 17th  16 p.m – 19 p.m  **LET’S PERFORM!**  WORKING WITH THE PERFORMANCE  REHEARSALING |
| 8th  WEEK | Thursday March 24th  16 p.m – 19 p.m  **LET’S PERFORM!**  WORKING WITH THE PERFORMANCE  REHEARSALING | Friday March 25th  10 a.m – 13p.m  **LET’S PERFORM!**  WORKING WITH THE PERFORMANCE  REHEARSALING |
| 9th  WEEK | Wednesday March 30th  **LET’S PERFORM!**  PERFORMING | Thursday March 31st  16 p.m – 19 p.m  **THE INNER PORTFOLIO**  Creating your own Elämää ja Teatteria -portfolio |