



THE ART OF PLAY with AYA HUSNI BEY
at

G A Z E L L I
H O U S E

COME AND EXPERIENCE THE NEW PATHWAY TO WELL-BEING WITH
TRANSFORMATIVE ART & PLAY

Gazelli House, 174 Walton Street, Belgravia.
Thursday 3rd March 2016
9.30am – 12pm

FEBRUARY 2016

Creative counsellor and founder of www.creativityunmasked.com, Aya Husni Bey, invites you to experience the latest path to well being with a new counselling style inspired by the proven benefits of adult play and creativity. Come and join an intimate and interactive morning at South Kensington's newest wellbeing destination, the Gazelli House on **Thursday 3rd March 2016 at 9.30am.**

With last year's global boom in colouring books for adults, the future in well-being is sure to take an artistic turn in 2016 as more and more non-verbal therapies are being hailed as a direct and effective route to personal transformation.

In the exquisite surroundings of Gazelli House, Aya will introduce you to brand new ways of unwinding including visualisation meditation, charcoal sketching, sand tray exploration, expressive writing, water colour painting and inspiring story telling.

Psychologists are agreed that play is the most valuable skill for alleviating stress, and modern adults neglect it at their peril. Come and experience creative techniques which enable you to connect with your unconscious, and help free emotional blockages. You can try a taster session or immerse yourself in a course of six appointments. Through this transformative work you can acquire newfound:

- Confidence
- Optimism
- Improved communication skills

- Creativity & Playfulness
- Inspiration
- Healthier relationships
- Spaciousness and Clarity
- Self-worth
- Purpose and meaning in your life
- Self-respect and personal growth

The power of play and the transformative effects are fundamental to our well-being. Dr. Stuart Brown, psychiatrist, play researcher and TedTalk presenter, says: *"Of all animal species, humans are the biggest players of all. We are built to play and built through play. Most obviously, it is intensely pleasurable. It energizes and enlivens us. It eases our burdens. It renews our natural sense of optimism and opens us up to new possibilities."*

Aya's 1:2:1 sessions are tailor-made to the individual. The creative path is determined by the client's needs. A session may include visual meditation to help connect mind and body, or encourage engagement with particular emotions. You may experience sand tray play and figurine arranging followed by charcoal drawing, water colour painting and story telling. A unique combination of these skills and counselling techniques are used to develop self-awareness and self-compassion, and to release old emotional blockages from the body and negative thinking patterns from the mind.

Gazelli House, www.gazellihouse.com is the new three-tiered lifestyle concept, based in South Kensington and combines the art of play with deep therapeutic healing. With its intimate, homely and inviting interiors, Gazelli House is the perfect space in which to learn, feel inspired, and be empowered in a unique atmosphere that encourages healing through all of the senses.

Notes to editors:



Aya Husni Bey is a qualified counsellor, certified therapeutic play practitioner and dance facilitator with over fifteen years of experience. She has worked for the UN in the Middle East, North Africa and now practises in London.

www.creativityunmasked.com is based in East London and offers monthly workshops at Gazelli House.

Recommended 6 sessions over 3 weeks with 1 review session

£70 per hour and £455.00 for complete course (after free get-to-know-you session) including review session to close the course.

Watch Dr. Stuart Brown explain his research findings on the importance of play here:
https://www.ted.com/talks/stuart_brown_says_play_is_more_than_fun_it_s_vital?language=en

NY Times on the importance of play:

<http://www.nytimes.com/2016/01/02/your-money/think-seriously-about-spending-for-play.html>

About Gazelli House www.gazellihouse.com

Located on Walton Street in South Kensington, the Gazelli House is a comfortable and welcoming hub of expertise, where members (complimentary membership but requires registration) can learn, be inspired, and feel empowered. The House offers deeply diagnostic prescriptive treatments, as well as one-to-one consultations with visiting practitioners who specialise in a range of fields, from the physical to the sub-conscious. The House is a sociable space for skin, body and mind, a playground to nurture and develop the self.

The House also comes alive with an exciting calendar of events, workshops and masterclasses, which all target the different areas of their member's lives. The range of activities within the space help guests to achieve a balanced, more fulfilled sense of happiness. The perfect place to start fulfilling the Gazelli mantra to *live beautifully*.



GAZELLI
HOUSE



Limited to 8 spaces so please email to confirm.
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